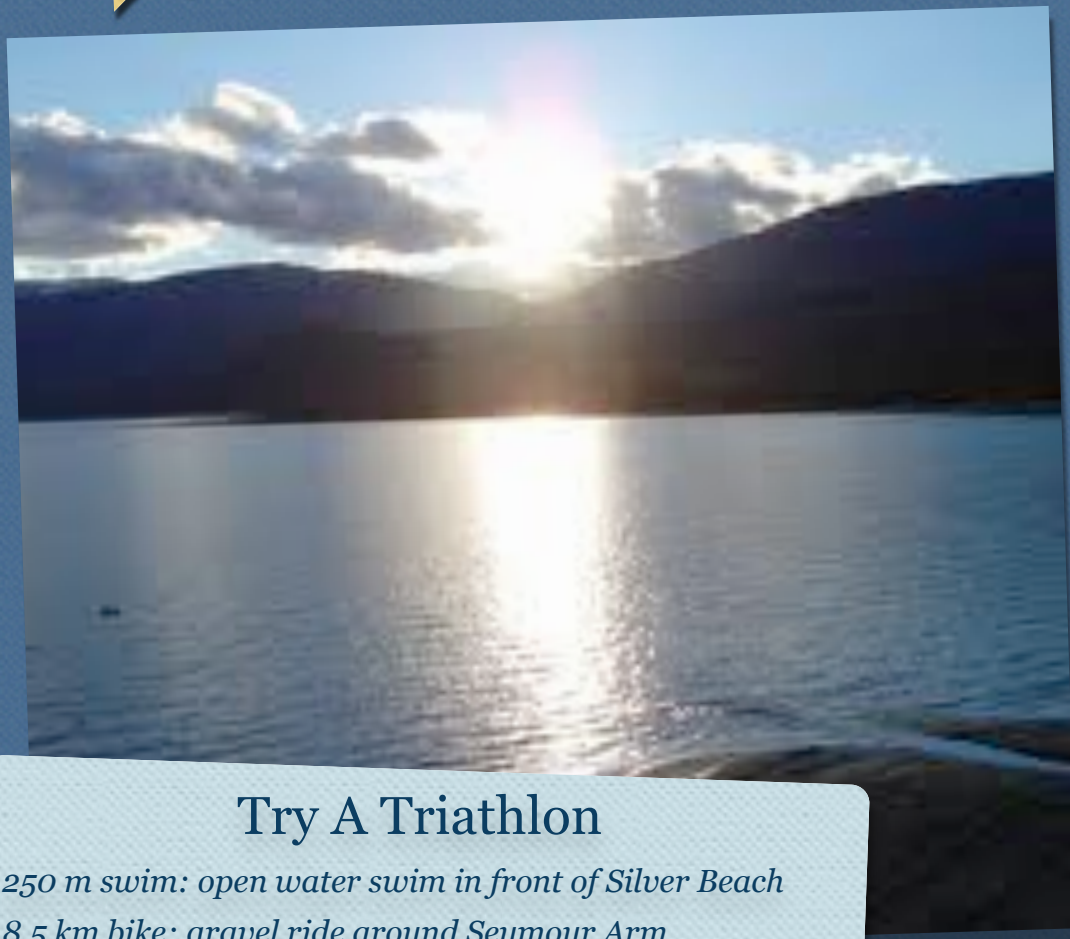


SEYMOUR ARM TRY A TRI (INDIVIDUAL)

Saturday August 4th @ 8 am (August long weekend)



Try A Triathlon

250 m swim: open water swim in front of Silver Beach

8.5 km bike: gravel ride around Seymour Arm

3.5 km run: gravel run around Seymour Arm

Transition area: beside the pub

(set up transition mat between 7:00am-7:30am

Start Swim: Beswich Road

\$20

Registration Friday August 3rd 7pm at
Don Fink Diamond

