



2018 “NSTC Bush Bashalon” Off-Road Triathlon

7:00am Saturday 15th April 2018

Following on from the success of last years new Multisport Training Sessions, the club will be conducting another Off-Road triathlon training session starting at the familiar surroundings of Terrey Hills swim school at 7:00am.

After the regular TTS 500m swim, all things familiar for the regular participants will come to an abrupt but exciting end. Mountain bike big tires, low gear ratios and suspended frames will be your new friends for 12km as you negotiate the terrain of Neverfail Gully, Sandy Trail and Callamine Trail back to the swim school. After this you will then throw on a pair of your favourite trail shoes (or running shoes you wish to no longer use afterwards !) for a 5km run loop around Neverfail Gully again to complete the adventure.



Where and When ?

Terrey Hills Swim School – 31 Myoora Rd Terrey Hills

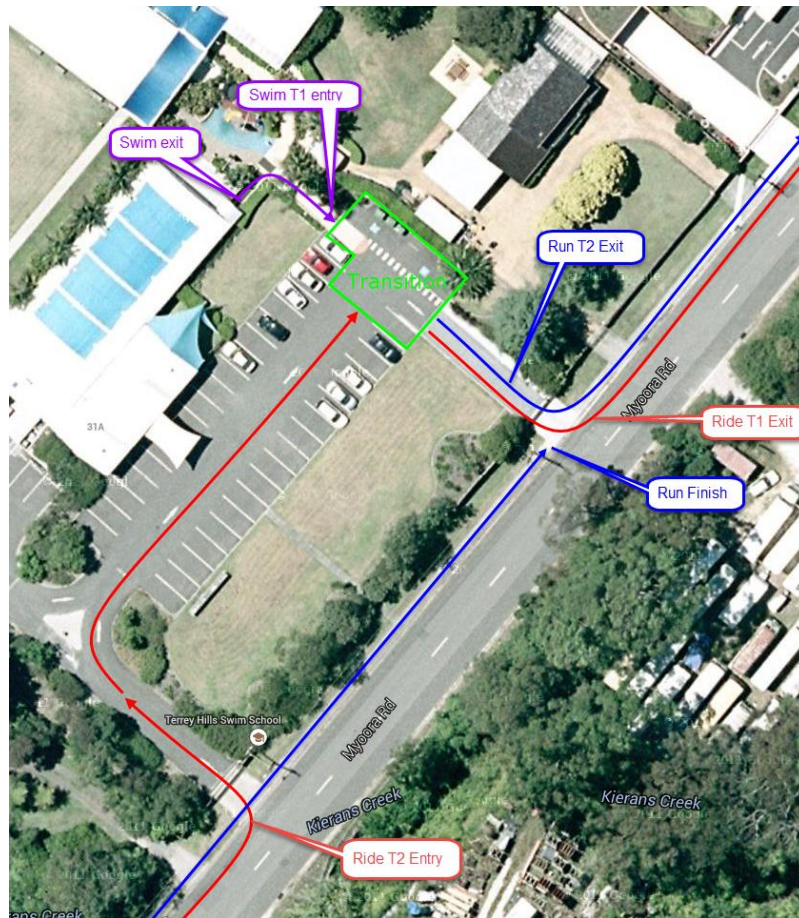
Saturday 15th April 2018 with registration at 6:30am and the session commencing at 7:00am.



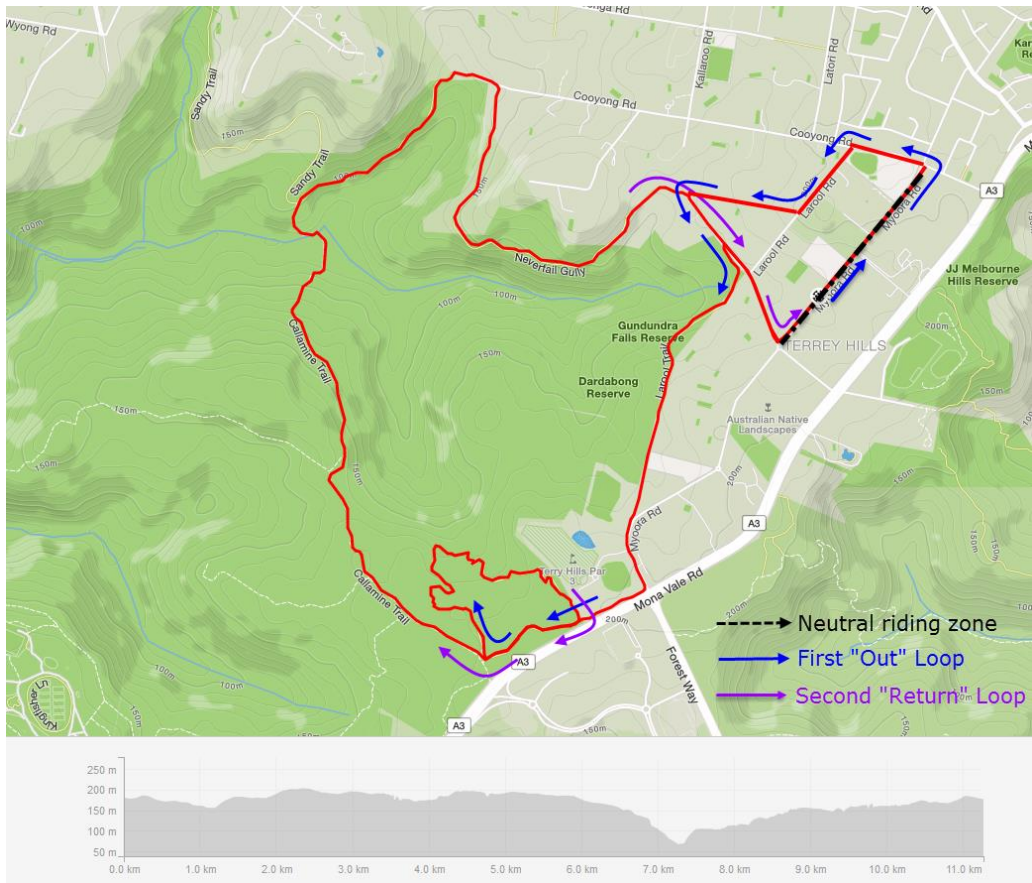
The Course:

Swim leg: 500m (20 laps) of the pool at Terrey Hills Swim School

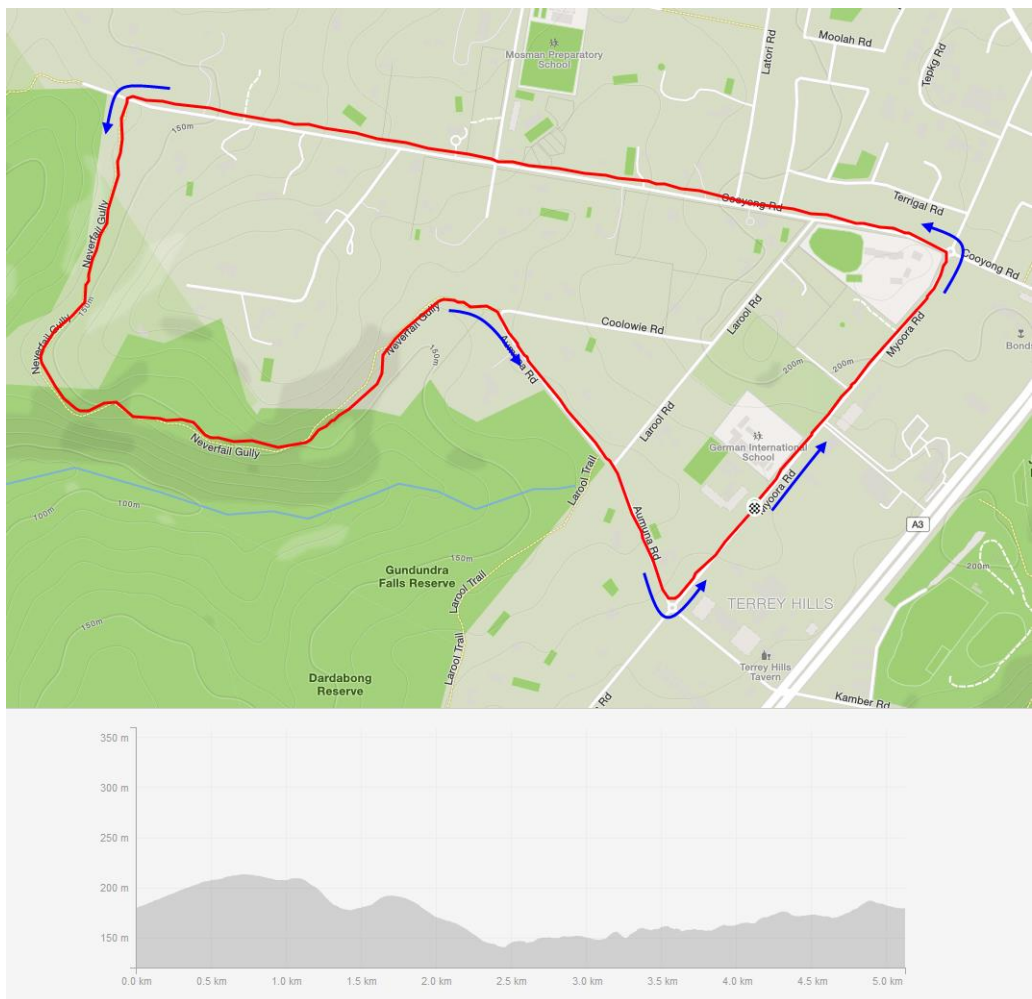
Transition:



Ride leg: <https://www.strava.com/activities/414475094>



Run leg: <https://www.strava.com/activities/415109551>



If you can help out or know someone who is available to volunteer please make yourself known at registration.

Due to the increasing traffic congestion on Myoora Rd please take note of the following:

- **For safety reasons Myoora rd WILL be declared a neutral zone for the bike leg. This means no passing any traffic and hands near the brakes !.**
- As always, please take care on the road and obey ALL road rules.
- To ensure the safety of riders, runners must give way to any riders exiting or entering the transition area during the event.

Entry Fees:

Note that this is not a Triathlon Australia sanctioned event and we will not be providing official timing services however we will be asking for a contribution to cover the cost of venue hire:

Adults:

NSTC members: \$10.00

Other participants: \$15.00

Note that the emphasis at this event is on training, not racing.

Hope to see you all there.

