



Tri Adventure

Presents

“Be your best for Bribie”

A Training Weekend – Perfect Preparation for Bribie Multisport!

Dates: - Saturday 13th & Sunday 14th March

Venue: - Base HQ - Noosa Woods (All activities will start from HQ) Participants will need to find their own accommodation. Contact **Accom Noosa** on 0754473444 or info@accomnoosa.com.au for a great a great range of accommodation, however, we will source out some options and provide details upon request.

Day 1 SATURDAY – Focussing on improving skills in each of the disciplines...

7.00am Run/Swim: A great chance to practice your sand-running skills, then some trail and hill running (up and down!) Refresh with some swim ‘ins and outs’ and then a section on helping you to navigate in the open water.

9.30am approx Muffin & Coffee @ Sierra: A funky little café in Noosa – one of our favourites!

10.30am Paddle: A paddle session designed to get you ready for the long Bribie Paddles...ie: endurance, reading the channel, hydration/nutrition whilst paddling,

Break for Lunch – Choose from some of Noosa’s many great eateries...

2.00pm Mtb: Mountain bike along Noosa bike paths out to Tewartin Forest. For those wishing to meet us out there, be at **BP Tewartin by 2.45pm**...Session will include riding through trails similar to those at Bribie....and honing skills needed for the event.

6.00pm Tri Adventure Social @ Noosa Reef Hotel: Join us for drinks and dinner at the famous Reef Hotel overlooking Laguna Bay. This is your chance to pick our brains about gear, nutrition, strategies and all other components required to satisfactorily complete an endurance event such as Bribie...

Day 2 SUNDAY – Putting it all together and going the distance...

7.00am A big day comprising of Swim-Run-Paddle-Mtb-Run-Mtb-Paddle. Groups of similar abilities will tackle a course akin to that of Bribie...The focus today will be on organising transitions, getting in the right nutrition and pacing yourself for the big day ahead....and hopefully have a lot of fun whilst doing all of the above in the beautiful Noosa Hinterland!

6.00pm: Wind down at Zachary’s in Hastings Street with a well-deserved Pizza/champagne/beer and reflect on your weekend achievements...☺

Costs

Day 1 & 2 \$60 - Includes all training activities.

Day 1 only \$30 - Includes all Day 1 training activities.

Day 2 only \$30 - Includes all Day 2 training activities

NB: - All participants must become a member of the Tri Adventure Training Group which requires signing of the Participants Agreement and \$20 annual fee.

BYO all your adventure Gear (Including mini first aid kit)

Swim Cap Goggles

Run Gear incl Shoes & Camelbak

Paddle Craft & Paddling Equipment (must wear life jacket) – can be hired in Noosa if required

MTB & MTB Equipment & Camelbak– MTB’s can be hired in Noosa if required

Bookings Essential – Register by Friday 5th March 2010. Forms & payment due Monday 8th March 2010. Email triadventure@optusnet.com.au for registration form & further details.