



COFFS HARBOUR TRIATHLON CLUB



TRI a TRI.....INFORMATION AFTERNOON...September 23 @ 1pm

Taking that first step is often the most intimidating aspect of any new experience, not knowing what is ahead of you; unsure of which path to choose; reluctant to ask questions; not certain of where to source advice.

Coffs Harbour Triathlon Club are seeking to make that pathway a little easier for any prospective members in the community, presenting them with an information afternoon where newcomers can learn what it takes to become involved in the multisport world and complete their first triathlon.

From 1pm on Saturday, September 23rd at the Coffs Harbour Olympic Pool, anyone interested is invited to participate in an informal afternoon, beginning with a slideshow presentation, and concluding with an opportunity to have any of their queries or concerns answered **by experienced coaches**, athletes and Coffs Tri Club Committee members.

There will be a wide spectrum of subjects covered, from equipment required to participate through to race dates and seasonal costs.

Open to potential athletes from 14 years through to retirees, the aim is to show that triathlon is a sport for everyone whether it be a novice or professional athlete.

With racing for the 2017-2018 season to begin locally on Sunday, October 1st the information afternoon is timed to ensure those fronting up for their first event are armed with all those finer details that will minimise those nerves when hitting the start line for the first time.

Coffs Harbour Triathlon Club is blessed with a great club course, an extremely active membership base, a long history of regular racing going back to the mid 1980s, and some extremely talented athletes.

Every one of the 250-strong Coffs Tri Club members took their first tentative step into the sport with the same doubts that run through the mind of the novice athlete. This year we will be **introducing a 'buddy' system** where by an experienced member will assist you on race day, how to set up, where to go, reading the course etc., basically assist you in becoming more comfortable in doing triathlons so it is less daunting when you turn up to participate

[Membership Costs....Tri Australia/Coffs Tri club..... Adult \\$256Junior 12-19 \\$128.....](#)

Family 20% discount (4 members)

Visit our website for more information, www.coffstri.com.au or contact

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- Emma Sutton; Publicity Officer: 0416 26 68 41
- Steve Thompson; Vice President ; 0411 31 23 09