



## HAVE YOU EVER WANTED TO DO A TRIATHLON?

**Register your interest to do the 2017 Canberra Bilbys Triathlon Club Novice Program by emailing: [novicebilbys@gmail.com](mailto:novicebilbys@gmail.com)**

Every year we transform around 50 novices into triathletes.

The Novice Program includes 9 weeks of structured triathlon training sessions, coached by experienced coaches, designed specifically to prepare you for your first two novice races in November and December 2017.

The novice program caters for all levels of abilities, from people with little fitness who may not have ridden a bike for 30 years through to people who are competitive runners, swimmers or cyclists looking to try a new sport.

**Information night:** Monday 6.30pm, 18 September, at the RUC  
(Turner)

**First training session:** Running intervals- Tuesday 6pm, 26 September

**First race:** 26 November 2017

**Keep an eye on our facebook page for more announcements:**

**[Canberra Bilbys Triathlon Club](#)**