



\$15,000
IN CASH AND PRIZES
TO BE WON!

AUSTRALIAN Men's Health
Ocean Racing Series
SWIM • PADDLE • RUN

SUMMER SERIES | 5
SEPT 06 - MAR 07

The *Men's Health Ocean Racing Series* is on again. The season opener will be staged at Hamilton Island – one of Australia's premier holiday destinations. Along with the usual swim, paddle and run races, this season will feature a range of new and exciting events, such as Nipper events, a mountain bike race and mountain run. Now the whole family can participate alongside Australia's sporting elite.

EVENT ONE

HAMILTON ISLAND

FRIDAY, SEPTEMBER 15

MOUNTAIN BIKE RACE 10KM

PADDLE, SWIM AND NIPPER SPRINT KNOCKOUTS

OPENING PARTY AND EVENT REGISTRATION

SATURDAY, SEPTEMBER 16

OCEAN SWIM 2KM

NIPPER SWIM 500M

SHORT COURSE PADDLE 8KM

WOMEN'S LONG COURSE PADDLE 12KM

'THREE PEAKS CHALLENGE' MOUNTAIN RUN 12KM

LONG COURSE OCEAN PADDLE 20KM

SUNDAY, SEPTEMBER 17

ADVENTURE RACE 32KM
(Incorporating swim, paddle, run and bike)

AWARD PRESENTATIONS AND WIND UP PARTY

OCEAN SWIM



★ Swimmers will race over 2km in the protected waters of Catseye Bay. There will also be a junior swim of 500m. This is your chance to swim in a paradise.

OCEAN PADDLE



★ To allow for competitors to share craft, events will be divided – the short-course in protected waters and the long-course over a quick 20km downwind course.

RUNS



★ A tough 12km run that takes you past some of the most scenic locations on the island.

BIKE RIDES



★ A 10km race from the top of the island and back. Mostly an off-track race, so a road bike is not recommended.



AUSTRALIAN Men's Health

REGISTER NOW!

Contact us on 0400 389 730 or visit www.menshealthoceanracing.com.au for registration and prize terms and conditions