



2013 Islamabad - Ironman Triathlon

Sunday, 29 September 2013

The "**Islamabad Dashers**" invites members of the foreign community and members of the Islamabad sporting fraternity to participate in a charity event known as the "**2013 Islamabad Ironman – Triathlon**" to be held in the Diplomatic Enclave on **Sunday, 29 September 2013**. You can become Islamabad's Ironman or Ironwoman for 2013 by completing the following disciplines and distances (in that order) or simply participate for fun, either as an individual or as part of a team. An 8km walk is also an option to join in.



Swim: 600m swim (30 lengths x 20 metres)

Cycle: 16 kms cycle (2 laps of the inside perimeter of the enclave)

Run: 8 kms run (1 lap around the Enclave)

The event will start and end at the **Australian Recreation Club**, Street 30 – G/4.

Categories Include: (choose from)

- **Individual:** Open, over 40 and over 50yrs
- **Team Event:** Teams of three (3) (can be mixed male/female) with each participant undertaking either the swim, cycle or run in a relay format.
- **Walk:** A leisurely 8km walk (one lap).

Required:

- **Participants:** both individual and teams
- **Volunteers:** drink stations, marshals, lap counters, registration duties
- **Sponsors:** wanted - we will be gentle

Register your interest at: Islamabad.dashers@hotmail.com

Event Facilities: Marshalls, medical, refreshments and lunch will be available, supported by a host of volunteers and with the kind permission of the Australian Recreation Club and the Islamabad Police (enclave security).

