



# Media Release

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Tuesday 12 February 2019

## **Last chance to register for Camden's first Sanitarium Kids TRYathlon**

Children aged 7-15 years have just one week left to register for Camden's first Weet-Bix Kids TRYathlon, with registrations closing on Sunday 17 February.

11-year-old Camden South resident, Abbey Zids said she will participate in this year's event with her two brothers, Ben (13 years) and Daniel (8 years).

"I've never done anything like this before, but I'm excited because it's right where I live," Abbey said.

"I'm most looking forward to the bike ride because I like it a lot and I also ride my bike to school.

"If there are kids who aren't sure if they want to do it yet, I would say you should give it a go because it's not about who wins, it's about participating."

The TRYathlon will be held on Sunday 24 February at Onslow Oval, with check-in kicking off at 6.30am for an 8.30am start. Children of all abilities are encouraged to participate in the event, which involves:

- A swim in the Camden War Memorial Pool – 75 metres for participants aged 7-10 years and 150 metres for 11-15 years;
- A cycle through closed suburban streets – three kilometres for 7-10 years and six kilometres for 11-15 years; and
- A run through the finish arch at Onslow Oval – 500 metres for 7-10 years and one kilometre for 11-15 years.

All participants will receive a medal, with bikes and prize packs up for grabs on the day.

Mayor of Camden, Cr Peter Sidgreaves, said it will be a day for the whole family to enjoy, particularly with the first Camden Healthy Living Expo running in conjunction with the TRYathlon.

"It's so important for the whole family to stay fit and healthy and the Expo is the place to make sure that happens," Cr Sidgreaves said.

"From 8.30am to 12.45pm at Onslow Oval, residents will be able to connect with sport and recreational opportunities available in Camden, as well as learn about healthy lifestyles, food and drink.

"Both events provide the perfect opportunity for residents and visitors to get outside, get active, have some fun and enjoy Camden."

For more information, and to register your child, visit [tryathlon.com.au/locations/Camden](http://tryathlon.com.au/locations/Camden)

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