



Narrandera 12th & 13th March 2011

# Multisport Festival

The Riverina Rush organising committee present a Multi Sport event not to be missed. Set in the tranquil environs of Narrandera, the events of this 2 day program offers something for everyone in your family, athlete & spectator alike. With Narrandera's variety of quality accommodation, eateries, boutique shopping & fantastic sport & recreation facilities, the Riverina Rush Multisport Festival is one to etch firmly on your calendar.

Check out these challenging events we have in store for you!



## ARTC Long Distance Open Water Swim

Held at the picturesque Narrandera Pool complex & Lake Talbot on Saturday the 12<sup>th</sup> of March, this event offers 2km, 4km & 8km swim categories. Prize money & medals are awarded for each category & each competitor receives a certificate displaying their official swim time. A NSW Swim accredited referee will officiate at the event.



## Flipscreen Cycling Criterium

The Flipscreen Cycling Criterium will be conducted in the afternoon/evening of Saturday of the 12<sup>th</sup>, on a 1.1km circuit of Narrandera's main street, promising some fast & spectacular cycling action in a relaxed & cosmopolitan atmosphere. Prize money will be on offer over the range of A, B, C, D & junior grades. Cycling Australia licences are required to enter the graded events. A 'Come & Try' event will also be conducted for unlicensed riders.



## Sprint Distance Triathlon

A Sprint distance Triathlon consisting of a 750m Swim, 20km cycle & 5km run will be held on Sunday the 13<sup>th</sup> March from the Narrandera Swimming pool complex, with cash & prizes on offer in all categories. The swim leg will be conducted in Lake Talbot, with the transition area within the pool complex grounds. The cycle leg will be on a closed road, town & country circuit with some challenging climbs & exhilarating downhill sections. The run leg will traverse through the Narrandera Flora & Fauna reserve, adjacent to the pool complex, before finishing at the transition area. Compete as an individual or in a team.

# Road Cycling Events

Road cycling distance events (not a race) for the cyclist's who enjoy challenging themselves, will be held first thing in the morning on Sunday the 13<sup>th</sup>. You may like to use this as a warm-up for the Triathlon, later in the day. You will cycle on sealed bitumen roads, through rural farmlands & forest of Colinroobie & Landervale. The terrain is mostly flat, with some undulating hills dotted along the course. A challenging 90km course is available for the intermediate to advanced cyclists, with 40km & 20km options available for the novice & junior riders. These rides will be supported with a sag wagon & drink/food stations periodically along the route, but riders are encouraged to carry sufficient fluids, food & spares for their personal needs.

# Distance Running Events

What better way to start the day on Sunday the 13<sup>th</sup>, than running on bush & riverland trails through the Narrandera Flora & Fauna reserve. Loosen up the legs, prior to the Triathlon event later in the day or just for fun with family & friends. Categories will include 5km & 2km events & each competitor will receive a certificate displaying their recorded time for the event.

**Narrandera is situated in south west NSW on the junction of the Newell & Sturt Highways, approx 100km west of Wagga Wagga.**

**Narrandera hosts some of the premier sport & recreation facilities in country NSW & we want you to join us in our unique community for a celebration of activity, health & wellbeing for the whole family, at the Riverina Rush MultiSport Festival**

**Quality accommodation is available at local caravan parks, hotels, motels & B&B's, with boutique shopping & a range of eateries to choose from that will suit both your taste & budget. If coffee is your passion, you won't be disappointed, as there are a number of great coffee shops in town.**

**The Lake Talbot swimming complex is to be seen to be believed, with 3 pools, 2 waterslides & beautifully maintained grounds adjacent to the Lake & the Lake Talbot caravan park.**

**For those who enjoy bushwalking, running, mountain biking or just communing with nature, there is the Flora & Fauna reserve & many other tracks & trails along the Murrumbidgee River, Lake Talbot & Bundidgery creek to explore.**

**Narrandera is the best kept secret in the Riverina, but we would love to share it with you!**

**Further information on Riverina Rush events, registration, accommodation options and travel, please see;**

**Website: [www.RiverinaRush.com.au](http://www.RiverinaRush.com.au) or [www.narrandera.nsw.gov.au](http://www.narrandera.nsw.gov.au)**

**Facebook: [NarBUG Narrandera](#)**

**email : [NarBUG@hotmail.com](mailto:NarBUG@hotmail.com)**

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