

2XU stroke & stride

9 NOVEMBER 2011 - 21 MARCH 2012



2011-2012

9
NOV 2011
*Swim 500m/Run 5km
at Mission Bay*

7
FEB 2012
*Swim 750m/Run 4km
at St Heliers Bay*

23
NOV 2011
*Swim 750m/Run 4km
at Mission Bay*

21
FEB 2012
*Swim 500m/Run 5km
at Mission Bay*

7
DEC 2012
*Swim 1000m/Run 3km
at St Heliers Bay*

7
MAR 2012
*Swim 750m/Run 5km
at Mission Bay*

24
JAN 2012
*Swim 1000m/Run 3km
at St Heliers Bay*

21
MAR 2012
*Swim 1000m/Run 4km
at Mission Bay*

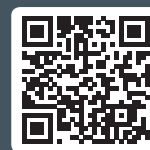
\$80,000 in
cash and prizes

The 2XU Stroke & Stride Series is New Zealand's most popular swimrun series held midweek in Auckland every summer.

Each event involves a sea swim followed by a road run on the waterfront allowing participants to enjoy a regular form of healthy, outdoor exercise progressing through the summer months and makes the most of the city's magnificent harbour and beaches.

The Stroke & Stride is now in its 23rd season, all events are over distances that are achievable and at the same time offering excellent competition for the top athletes. All entrants are in the draw to win the \$80,000 in prizes including \$10,000 prize money for the fastest competitors plus 2XU wetsuits, sportswear and compression products, Timex watches and ASICS running shoes from Shoe Clinic.

swimrun.org



HORLEYS
intelligent sports nutrition

BONITA
PREMIUM BANANAS

Shoe Clinic
The fitting choice

just energy

asics

TIMEX

2XU stroke & stride

REGISTRATION

5.00 - 6.00pm at the race venue.

BRIEFING

A course briefing will be held 10 minutes before the start of each event.

PRIZES

At the conclusion of each race a prize giving and spot prize draw will be held at the race venue. To claim a prize you must be present at the prize giving. Prize money will be paid at each event and series end as detailed on the website.

MERCHANDISE

Stroke & Stride Series cotton T Shirts and 2XU high performance run tops are available plus running socks, coffee mugs and sports umbrellas, please order online at swimrun.org or at the event. Quantities are limited.

AGE GROUPS

Each entrant races in their 5 year Age Group, your Age Group is decided on your age as at 21 March 2012. Points will be awarded to the first 15 finishers at each race in each Age Group to decide the Stroke & Stride Series Age Group Champions. Points from Race #8 plus five other races to count

TRAINING

A weekly swimrun training program is available for entrants in the Stroke & Stride Series through the summer. This program is structured to improve your fitness level through the Series and maximise your enjoyment of the sport. The program is sent to your email address.

CONTACT

www.swimrun.org
 Email stroke@stride.co.nz
 Phone 09 8157107
 Mobile 021 679289
 Fax 09 8157117

All the information from the Stroke & Stride including entry specials, news, photos, results, reports and prizes can be viewed on the internet at swimrun.org

HOW TO ENTER

Complete the entry form and post with your payment at least seven days before race day or enter online at swimrun.org
 You must complete and sign the Entry Form for the first race you enter in the Series. Acceptance of your entry is at the discretion of the race organisers. All competitors must be 13 years of age or older on race day. Entrants under 16 years of age require the consent of their parent or guardian to compete.
 The organisers reserve the right to limit the number of entries.
 If you wish to ensure your entry in a race it is recommended you enter early by the above methods. If the field limit has not been reached, a limited number of late entries will be taken at Registration on race day at the venue from 5.00 - 6.00pm.

VENUE

All events start and finish at Mission Bay or St Heliers Bay.

START TIME

Each event will be started in waves with the first wave starting at 6.15pm.



2XU

The new X:2 wetsuit promises to reset the global benchmark for triathlon wetsuits.

This supreme piece is engineered to encourage a more efficient flex and body roll. The X:2's X-Flex Front Panel incorporates seamless inserts with triple the buoyancy of regular neoprene to promote speed through the water like never before, and the CWEZ X catch panel gives unprecedented surface area on the forearm for an ultra enhanced DPS.

A full range of 2XU wetsuits are available to purchase or hire on race day for collection at the race venue - to book your size contact the 2XU Performance Centre.

Phone 09-522-0344
Email newmarket@2XU.com

To see the full range of 2XU product visit the 2XU Performance Centre at 190 Broadway, Newmarket or see www.2XU.com.



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POSTAL ENTRY FORM

First Name Surname

Date of Birth Male / Female (please circle) Age as at 21/03/12

Postal Address

Email Address

Phone Mobile

I wish to receive the weekly email Training Program

Postal Entry Fee for the first race you enter is \$35, subsequent races are then \$25 each.

Enclosed is my payment for \$

I wish to enter the following races: 9 NOV 23 NOV 7 DEC 24 JAN 7 FEB 21 FEB 7 MAR 21 MAR

I agree to comply with the conditions of entry and with all rules, regulations and event instructions of the Stroke & Stride Series.

Signed Date / /

Complete the entry form, include your cheque or credit card details and post at least seven days before race day to:
Stroke & Stride, PO Box 10122
Dominion Road, Auckland 1446

