

VICRUNNERS



ANNOUNCEMENTS 3rd QUARTER 2012

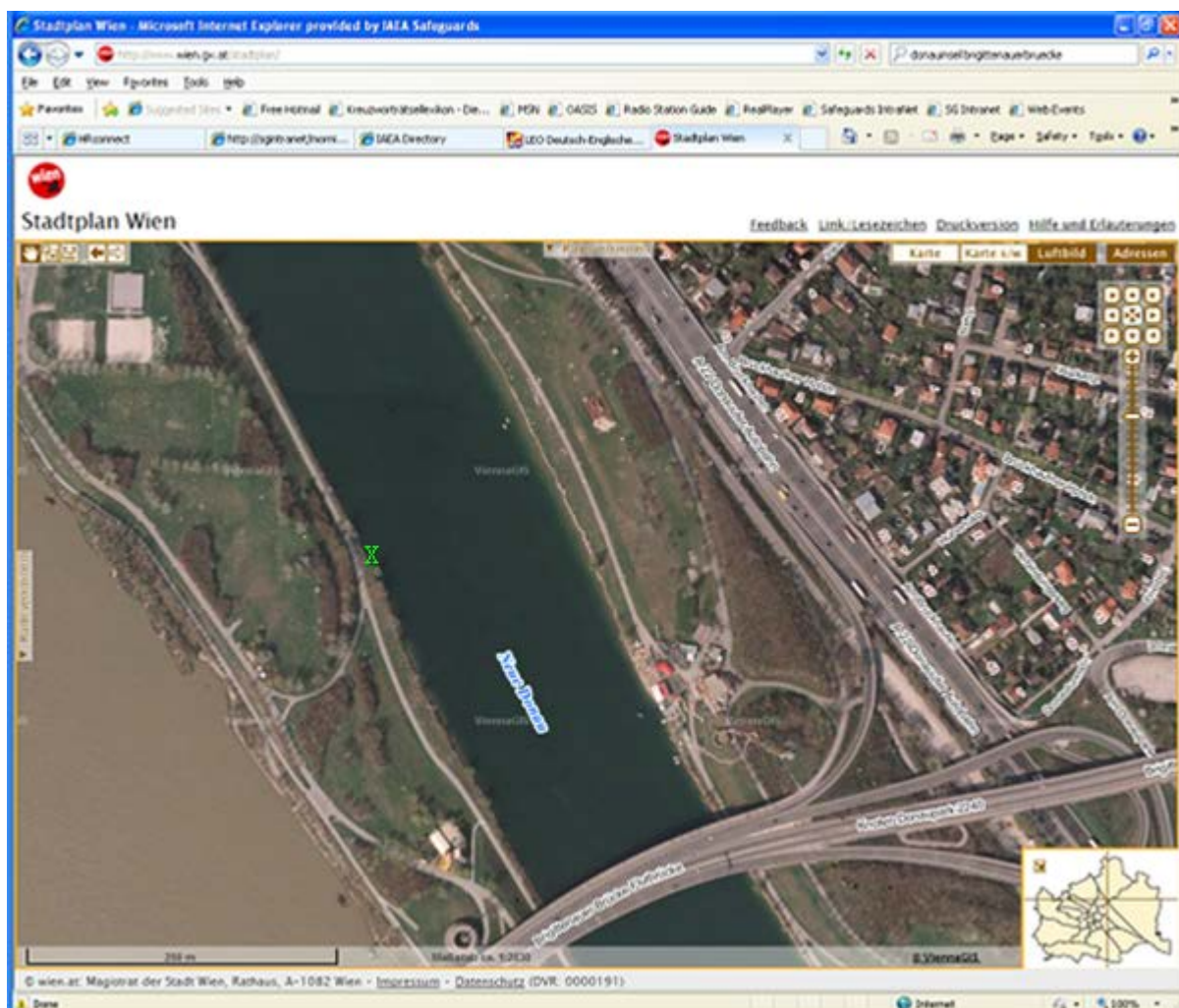
Schedule:

Saturday 14 July – Triathlon I

start at 7:00 at Donauinsel at X (see below)

Saturday 11 August – Triathlon II

start at 7:00 at Donauinsel at X (see below)



1 km swimming (clockwise around the 2nd pillar of the old railway bridge and back) - 33.3 km cycling (twice to the dam at the north end of Donauinsel and back via Brigittenauer bridge) - 8.5 km running (to the red pedestrian bridge and back via Brigittenauer bridge).

We start at 7:00 sharp (!) at the west bank of the Neue Donau north of Brigittenauer Brücke at the swimming platform (on the map marked with X).

IMPORTANT ! Cyclists MUST wear helmets ! Let's not risk anything.

Thursday 6 September – 5k time trial (she & he run: partners will be assigned in a lottery)
start at 12:30 at the bee-house in Donaupark

Thursday 27 September – 1 mile time trial (“Autumn Mile”)
start at 12:30 at the bee-house in Donaupark

Ongoing:

Core Strengthening Exercises every Wednesday and Friday

Interval training every Tuesday

To register for weekly VICRunners messages, please contact

[Adi CHVOJKA](#)

Secretary VICRunners

www.vicrunners.net