

# RUN/WALK

Ahh,..the last stage of the triathlon

## Do I have to run?

Absolutely not. You can walk anytime you like!

## Do I have to wear shoes?

**Yes.** The reason for this is safety. All participants must wear shoes for the duration of the cycle and run/walk sections. For the run/walk section you will be running on the road in parts so the terrain will not be suitable for bare feet.

## What am I not allowed to do on the run/walk?

Do not have any strollers/buggies on the event course. Do not use any ipod's, MP3's or other listening devises on the course.

Whilst we appreciate this may be your first event and want to share it with your family and friends. Our goal is to have a successful and safe event for all our competitors and supporters alike. Therefore we ask that no children are to come onto the course and run with you at any stage during the event.