

From the bike to the finish line!



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

Hi,

You've swum the swim and biked the bike, it's now just the the run/walk between you and the big pink finish line. Hopefully by this stage you're feeling fantastic about what you've achieved so far and the end is almost literally in sight.



TriWoman ladies coming through finish line!

The run is probably the most familiar and least technical leg of the event to most people but there are still a number of tips you can use to ensure you enjoy yourself and come over the finish line in style!

- When you leave transition for the second time, take a moment to have a sip of water; or even better, Isotonic replacement drink from VitaSport. It's better to do it while you're stopped instead of as soon as you're on the course. There's usually a drink station half way round too so you can hydrate as you go if you need to.
- One thing to remember as you're on the run course is that others may wish to overtake. To make this easier for them, stay to your left and likewise, if you want to overtake someone else, make sure you pass on the right, as you would on a bike or in a car. It means everyone knows what to expect and no one feels in the way.
- If you meet someone on the way who's about the same speed as you, why not chat and stick together; you'll soon forget you're even exercising!



And when you approach the end, make sure you've got a big smile on your face; you should have, you've just achieved something fantastic. If you're taking part with your mum, sister, girlfriend or even someone you've just met that morning, why not come over the finish line all together, you can't beat a team finish!

Have you joined our Facebook page yet?



The TriWoman Facebook page is a great place to ask questions and share experience with other women who have similar interest. [Why not 'like' us now?](#)

The TriWoman Season has started!

The TriWoman season kicked off last weekend in Point Chevalier, Auckland and despite the heavy rain, everyone pulled together, had fun and thoroughly enjoyed the morning. Thanks to everyone who took part and made the day so worthwhile. If you want to be part of the fun next time, [enter now!](#)



The rather wet Point Chev swim start last Sunday

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