

# Oldham Enterprise TRY-athlon

Swim | Bike | Run  
Sunday 17th July 2011

Would you like to improve your health, fitness and general wellbeing?

Would you like to raise money for a specific charity with your fellow employees?

Groundwork Oldham & Rochdale is looking for teams of 4 employees from Oldham organisations to take part in the Oldham Enterprise TRY-athlon. The format is simple;

Activity	Distance	
	Km	Miles
Swim	1.2	0.75
Bike	20	12.5
Run	5	3.13

The aim of the TRY-athlon is to help improve the overall wellbeing of employees within the workplace. Training programmes will be developed for each participant with support from Oldham Community Leisure (OCL). Participants will also receive training before the event including membership to OCL facilities.

For more details or to register\* a team please contact Kate Harcus at Groundwork Oldham & Rochdale;

T: 0161 624 1444

E: [kate.harcus@groundwork.org.uk](mailto:kate.harcus@groundwork.org.uk)

[www.gwor.org.uk](http://www.gwor.org.uk)



- >> Enter a team with your colleagues
- >> Build up your fitness with help from OCL
- >> Raise money for your chosen charity
- >> Have fun in the process!

\*Registration fee required

