

**LOVE SWIMMING? LOVE CYCLING? LOVE
RUNNING? LOVE TRIATHLON?**

**READY TO PUSH ON & FULFIL DREAMS OF A
MARATHON, 100MILE CYCLE OR IRONMAN FINISH?
THEN WE HAVE THE EVENT FOR YOU!**

'GOING THE DISTANCE'

**Come & Be Inspired
By:**

- Gerry Duffy - Deca Ironman Champ & Author
- Andy Holgate - Ironman, Blogger & Author

**Come & Get The Body
Science From:**

- Including Barry Murray of Optimum
Nutrition 4 Sport & Sports Physiotherapist

**Come & Get
Coaching/Training Tips
From:**

- Aisling Coppinger Ultra Runner, Co-Owner
of Wheelworx & Coach

**Come & Hear How To
Get Your Head Right
From**

- A Sports Psychologist

**Come & Meet Athletes
Doing It Every Day!**

- Including Irish Pro Triathletes and some of
the Irish Age Group Athletes Who Stormed
Kona in 2013

**Come Check Out the
Latest Kit, Gear &
Gadgets**

- At the best Swimming, Cycling, Running
and Triathlon Store In Ireland - Wheelworx

Saturday 22nd of February 11am - 4pm in WHEELWORX, Fonthill Retail Park, Lucan

AT €20.00 IT'LL BE THE BEST EARLY SEASON INVESTMENT YOU'VE EVER MADE

**Includes: Entry to the event; Light Refreshments & Light Lunch; Goody Bag; Entry to
Draws for Event Entries & Other Goodies; Supporting A Wonderful Cause**

**THIS IS A NOT FOR PROFIT EVENT ORGANISED BY TEAM IRONMAN@50WTFN, HOSTED
AND PROMOTED BY WHEELWORX & ALL PROCEEDS GO TO LAURALYNN HOUSE**



LauraLynn
IRELAND'S CHILDREN'S HOSPICE

**Spaces Limited to 120
Register Online @
www.wheelworx.ie
For Tickets & Info
Call John @ 087 2466892**



Blog-ironman1at50wtfn.blogspot.com
Twitter- @ironmanat50wtfn