

MSAC Multi-Sport – Event Information Sheet

MSAC Multi-Sport now offers a new comprehensive multi-sport program at Melbourne's MSAC – the finest training facility in the Southern Hemisphere.

Participation

There are 3 levels:







L1 Casual: The Tuesday Swim-Spin sessions are available for RunRideRun.Com competing level members to join in. *Entry fee:* \$10 cash or cc paid on the night. See us on the night to join.

L2 T-1 Tuesday: The Tuesday night spin-swim session only. *Entry fee:* 50 virtual tokens ('VTX') through www.RunRideRun.Com website which covers 13 weeks of swim-spin training.

L3 Full MSAC Multi-Sport Program: The full program is the perfect multi-sport program for athletes of all levels from beginner to advanced. *Entry fee:* 50 VTX through www.RunRideRun.Com which will cover the first 3 weeks of participation. You will then be contacted by Tri-Alliance to arrange your \$35 pw Direct Debit which will commence at the end of week 3 of the program.



Full Session Detail

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
7.30am						 Long ride beach road, other location check program for details	
8am							 Long run, front of main entrance at MSAC
6.30pm							
7.00pm	Swim @ MSAC – 1hr	T-1 Tues Swim-Bike (wind trainer) MSAC – 90mins	Swim @ MSAC – 1hr	Run MSAC reception – 1hr			

Winter Events: All L2 & L3 entrants into the MSAC Multi-sport program receive free entry into 3 fantastic winter events:

- 2XU Lap Swim Challenge
- TT-Spin 20™ Stationary Trainer Cycle Challenge
- Flat out 5000™ Run Challenge.


Details of these events are available on RunRideRun.Com separately. L1/Casual rrr.com members can join these events separately.

Windtrainers: A limited number of wind trainers will be available at the T1-Tuesday night swim-spin session for an additional \$5 per trainer per night. Bookings in advance essential.

How to Enter

1. Join up to www.RunRideRun.com. Joining as a training member is simple and free.
2. When you have completed the join process, go to the Events tab in your MyWorld profile and select MSAC Multisport from the Available events list (Fig. 1 – see below)
3. You will then be taken to the personal details page. Fill in the relevant information, accept the event Terms & Conditions and select the category you wish to compete in. Hit the Enter button to proceed to the final step (Fig. 2 – see below).
4. The final step is the entry fee payment page. You will be advised how many VTX you need to purchase to enter the event (Fig.3 – see below).

****IMPORTANT****

If you are not a RunRideRun.Com competing level member you should enter the voucher code **MSAC08** in the voucher code and hit  to obtain your **free** 12-month Competing rrr.com membership **BEFORE** you enter your credit card details.

5. Enter your credit card details and submit payment. We accept Mastercard, VISA and American Express.



6. Successful entry will return you to the event leaderboard page in your MyWorld profile and the MSAC Multisport event will now appear in your current events tab.



Fig. 1 – Select MSAC Multi-Sport from your Available events list.

EVENT OVERVIEW						
<input type="button" value="Current"/> <input type="button" value="Available"/> <input type="button" value="My Events"/> <input type="button" value="Archive"/>						
Event	Type	PostCode	Start Date	Entrants/Max	VTXEntry/Result	
MSAC Tri-It! 2/08.1		3000	21/04/2008	16/32	30/1	
MSAC Tri-It! 2/08.2		3000	21/04/2008	8/32	30/1	
AUS300™ TT Spin 1/08		3000	21/04/2008	17/40	20/1	
Great Runs of the World – Sydney Harbour		2000	01/03/2008	0/None	0/1	
Great Runs of the World – Brisbane River Loop		4000	01/03/2008	0/None	0/1	
MSAC Multisport		3000	03/06/2008	0/100	50/1	
4-5-6 Glowstick Challenge		3000	11/06/2008	0/None	24/1	
TT-Spin 20		3000	03/06/2008	0/None	10/1	

Fig. 2 – Accept Terms & Conditions & Select Category

I have read the **Terms and Conditions of Entry for this event** which I acknowledge and accept

Which division would you like to enter:

Male Age Division 45-49

Male Weight Division 40-49

Fig. 3 – Payment & Voucher use

Voucher No:

Credit Card Payment

Card Name:

Card No:

CVN:

Expiry: /

More Info

If you require further information please contact us as follows:

Tuesday nights: See Michelle @ MSAC Gym reception service desk

Email: rrinfo@runriderun.com

Phone: Josh Rix 0411 116 648 or Ollie Allen 0425 731 036