



Save the date
SEPTEMBER 25, 2021
3:00 PM - 6:00 PM

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ENTRY FEE @1,500/=
All funds to support



Takaungu Environmental Conservation

General Information

WHY ARE WE DOING THIS?

- All donations will go to Takaungu Environmental Conservation
 - Cleaning plastic waste from Takaungu Creek!
- We want to have fun!

DISCLAIMER

This triathlon is UNSUPPORTED! No medical assistance or water will be provided along the course. Just come and have fun with friends for a good cause.

Event Details

- Bring your own water
- Time yourself
- No teams, No prizes, No t-shirts
- You must start with the swim
 - DO NOT PARTICIPATE IF YOU CANNOT SWIM
- No formal medical support will be provided
- Age restriction: participants must be 16 years of age or older
- We will cap registration at 50 participants
 - Spots available: 40/50 (as of 13 Sept)

Tri-day Schedule

- **2:00pm - Sign-in**
 - Kivukoni School Tennis Courts
 - Location - [LINK](#)
- **3:00pm - Triathlon start time**
 - Takaungu Creek Crossing
 - Participants will walk together from Kivukoni gate (bike storage) to the Takaungu Creek Crossing
 - Bikes will be secure behind the Kivukoni School Gate
 - Location - [LINK](#)
- **5:00pm to 9:00pm - After party: food, drinks, music**
 - The Food Movement
 - Location - [LINK](#)

Additional Activities

- Farmers Market
 - Local artists and artisans will be selling wonderful items at discounted prices.
- Bottle Decorating for the Kids!
 - Despite our name, we are kid friendly!
 - Bring your kids for bottle decorating at the food movement
 - **Time:** 2:00pm - 5:00pm
 - **Cost:** Ksh 500 per child

Registration & Payment - [CLICK HERE](#)

- You must sign the waiver to participate
- Paybill details are provided in the google form above
 - Donations to the Takaungu Creek clean-up can be made directly to the paybill number.

Key Participant Information!

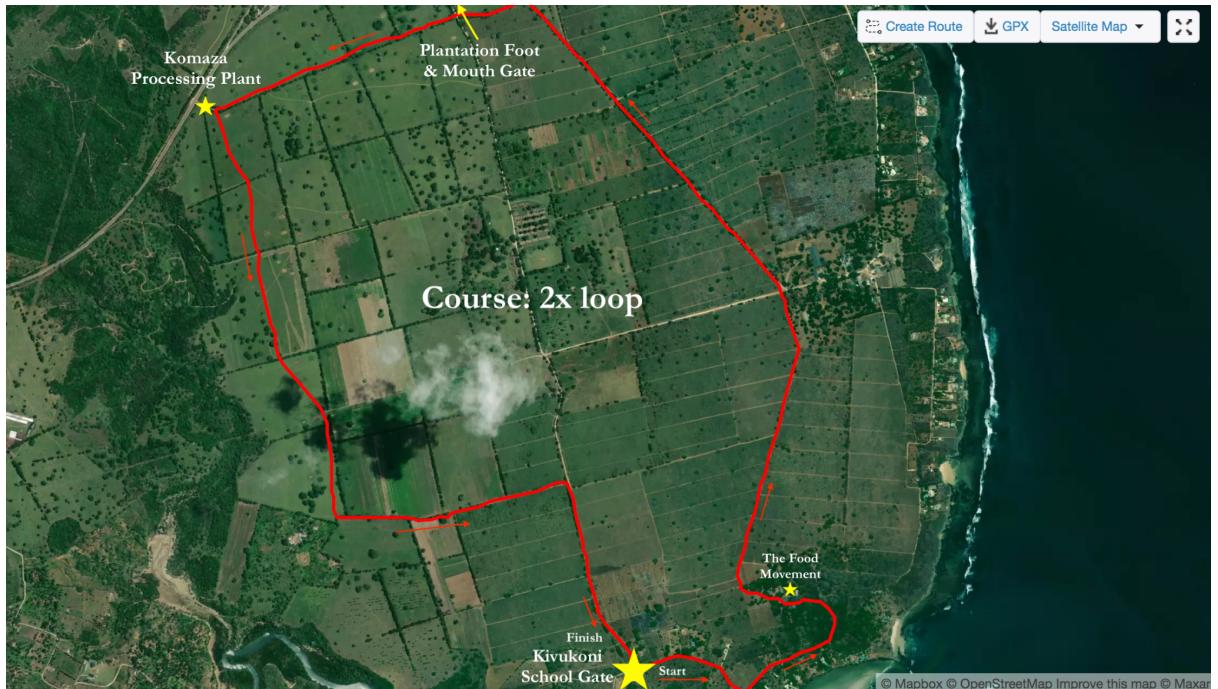
Swim Map

- Swim will start at the Takaungu Ferry and end at the Kivukoni Jetty.
- Swim will be **WITH THE INCOMING TIDE**
- Participants will run from the Jetty (on dirt road) to bikes at Kivukoni Tennis Courts (shown on map)



Bike Map (2x loop)

- [Strava link](#)
- Course will be marked with **RED RIBBONS**.



Run Map

- [Strava link](#)
- Course will be marked with **WHITE RIBBONS**

