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MEDIA ALERT



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For immediate release

Run and swim your way to fitness and fun

The Broome Recreation and Aquatic Centre's popular Dash & Splash biathlon series is back to challenge Broome residents and help them stay in shape over the wet season.

Now entering its fifth year, the series will run from October 2015 to March 2016, with an event each month except January.

BRAC Centre Manager, Casey Zepnick, said the new Dash & Splash series would kick off with the first event on Friday 16 October at 5pm.

"Each event involves run and swim legs over short and long courses, with categories for men, women, juniors and teams," Mr Zepnick said.

"The long course, which is open to individuals and teams, is a 5km run followed by a 500m swim in the BRAC pool.

"The short course is a 2.5km run followed by a 250m swim, and is ideal for beginners, juniors, families and anyone just looking to challenge themselves.

"For the first time we're also introducing a Junior Team category for the short course event.

"There are medals for the category winners, but the real emphasis is on having fun and keeping fit, so don't be afraid to just give it a go.

"We're also looking for volunteers to help us run the events, so we'll welcome anyone prepared to give up some time to help out."

Entry is \$15 per event or \$10 for juniors undertaking the short course. Entry for the five-event season is \$60 or \$40 for juniors undertaking the short course.

Entry forms are available from BRAC, online at www.broome.wa.gov.au or by emailing brac@broome.wa.gov.au.

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