

# SABA HELLS GATE TRIATHLON

6<sup>th</sup> DECEMBER 2009

THE 2009 SABA HELLS GATE TRIATHLON  
WILL TAKE PLACE ON SUNDAY 6<sup>th</sup> DECEMBER 2009.

THE RACE IS A UNIQUE CHALLENGE TO ATHLETES OF ALL ABILITIES,  
COMPRISING AN 850m SWIM, 8km BIKE and 5km TRAIL RUN.  
IT'S AN UPHILL COURSE !! GOING FROM SEA LEVEL TO 1,500FT & TAKING IN  
SOME BEAUTIFUL SCENERY THROUGH THE VILLAGES AND TRAILS ON SABA.

ENTER AS A TEAM OR INDIVIDUAL ... RENTAL BIKES AVAILABLE ...

Contact: [steveonsaba@gmail.com](mailto:steveonsaba@gmail.com) or Susy at [www.trisportsxm.com](http://www.trisportsxm.com)

**SABA TRIATHLON 2009**  
**"WHERE EVEN THE SWIM IS UPHILL !"**

