



Martlets

Hospice

Life is precious... right to the end

Fe
MAN

TRIATHLON CHALLENGE

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26th July- 1st August 2015



Get your colleagues involved in this fantastic challenge!

THE CHALLENGE

The Fe-Man triathlon challenge is a unique opportunity to complete the full 'IRONMAN' distance: Swim 2.4miles - Cycle 112 miles - Run 26.2 miles over a 7 day period. This makes it accessible to anyone that doesn't have the fitness level, skill, time or finances to complete a full ironman in one day. Furthermore, the option of completing the challenge as a 3 person team makes it even more accessible.

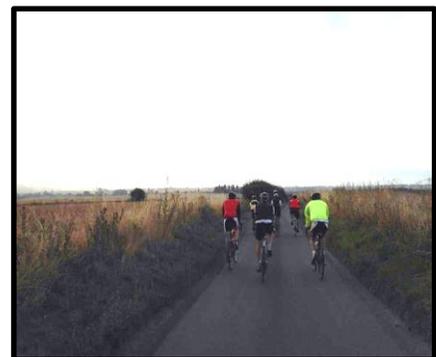
Our chosen charity for 2015 is The Martlets Hospice who will receive a percentage of all entry fees and we encourage you to raise sponsorship for them, however we welcome you to fundraise for whichever charity you like.

The distance is broken down into 4 x 10km run routes, 4 x 25-30 mile cycle routes and 2 x pool swim sessions of 1.6km with a Grand finale finish of a short sea swim and run finishing on the iconic Brighton Beach.

All routes are unique, picturesque and traffic free wherever possible.

All events are timetabled outside of 9-5 working hours as much as possible to minimize disruption to participants' daily routines and to encourage corporate companies to enter teams.

After a very successful trial event this summer, we are pleased to announce that the inaugural Fe Man event will run in July/August 2015.



CORPORATE BENEFITS

There are loads of great reasons why your company should get involved in the Fe Man challenge:

- Boost staff morale and increase camaraderie between colleagues
- Boost profile of your business
- Increased motivation of staff = increased work ethic
- Improve health & fitness of staff = improved attitude, motivation and general wellbeing
- Decreased rates of sickness at work
- Raise money for charity
- Advertise your business – event will be highly publicized in the local media
- Instill competition in the workplace to encourage participation
- Event is accessible to all fitness levels, individuals can play to their strengths



To enter this event, all you need is a team of 3 people who can share the workload of the running, swimming and cycling. Or if you're feeling brave, you can enter the event individually! The event takes place over a week and is structured to be outside of 9-5 working hours as much as possible. Daily times will be posted online so you can keep track of your team/s and see where they are faring in the overall standings. If your company doesn't have enough employees to make up a team you can get friends and family members involved!

We have some great prizes, goody bags, t shirts and medals for all competitors but most of all this will be a fun event for everyone and a great way to get active and support charities.

For more information please visit our Facebook page or contact us. We look forward to seeing you on the start line of the Fe Man 2015!

Contact:

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 FeMan Triathlon Challenge

 @Feman2015