



Join us to swim, bike and run around the beautiful Kāpiti beaches, hills, parks, roads and paths!

Kāpiti Running & Tri Club is your local running, triathlon and multisport club on the Kāpiti Coast.

We are a friendly and active club based on the coast. We run a range of running and triathlon events for all ages, including 5km road races, cross country events and kids' triathlons.

We have something for everyone from top age-group athletes and national championship podiums to social and recreational athletes. Come and join the club to get more from your sport.

We are fully affiliated to Athletics New Zealand, Athletics Wellington and Triathlon New Zealand. Check out their websites for details of more great member benefits.



**AFFILIATED
CLUB**

Kāpiti Running & Tri Club

Membership 2018



Why join the club?

- Free entry to our club Summer 5km & Winter off-road series
- Discounted rates from FSA Coaching
- Social events, training sessions, café runs and more!

Additional benefits for competitive members:

- Free entry to all Athletics Wellington interclub events (road and x-country and relay events)
- Free entry to national road and x-country events
- Up to \$25 rebate on your entry to the Great Forest Events on 14 April 2018



Join the club to get the opportunity to represent the most recognisable and vibrant club colours on the circuit!

Membership fees

We have a range of membership options to suit all athletes, ages and pockets. Our fees are set out below.

Runners

Competitive runners	
20+ years	\$140
15-19 years	\$75
7-14 years	\$65
Life members	\$105

Recreational runners	
15+ years	\$75
7-14 years	\$40
6 and under	\$25
Life members	\$40

Triathlon NZ membership

TriNZ membership is 50% cheaper for club members than non-members and can be added to any category as follows:

Tri NZ membership (additional fee)	
16+ years	\$25
15 and under	\$10

Other categories

Volunteer (non-runner)
Voluntary donations welcome

2018 – Our 50th Year!

2018 is the club's Jubilee year. We have a long history in the region and we will be celebrating this landmark with a special event later in the year.

We are always on the lookout for new members

If you are interested in getting involved in the club in any way - running for the club, volunteering at our events or getting coached by our accredited coaches – get in touch through our website, Facebook page or the contacts below to talk about how the club can help you get more out of your sport.

Contacts

- President - **Bryn Kempthorne**
 - b.a.kempthorne@xtra.co.nz
 - 027 445 4625
- Vice president & club coach – **Tom Bland**
 - tpbland@gmail.com
 - 021 877 894
- www.kapitiruntri.org.nz
- www.facebook.com/KapitiRunningTriClub