



Time to get fit again

10 August 2010

> Comment on this story

TOP STORIES

- Adviser says nine-month rollover is minimum
- Minister 'not opposed' to minimum wage
- Man charged in Bodden Town abduction
- Delta engine fails, forces emergency landing
- Aristide backers march, threaten to derail runoff poll
- Valentine Vicki Pt. 2

RELATED ARTICLES

- Flowers strengthens its links
- Visitors want it to run and run
- Charities receive Ogier computers
- Fresh wave of exciting races
- Premier Cup catboat races this Sunday
- Participants overrun Stride Against Cancer
- Hoopsters stride for Kings' court
- Hundreds stride against cancer
- United holiday toy drive
- Ogier promotes four

Hong Kong Group Deals
Sign Up With Your Friends To Get Group Deals On Hong Kong's Best!
www.GROUPON.hk/H...



Haines recently became a medical doctor.

Photo: Ron Shillingford

The fun and ever popular Stroke & Stride race series organised by the Cayman Islands Triathlon Association and Ogiers returns on Wednesday

The Stroke & Stride is a series of three races consisting of a swim followed by a run. The races are on 11, 18 and 25 August, starting at 5:45pm at Sunset House, South Sound.

The first race is a 400 metre swim followed by a two-mile run. This is the perfect swim distance for everyone: a good introduction for those new to swimming and a good kick-start for more experienced swimmers who might not have been training as much as they should have for the Cayman Triathlon in November. The swim distance will increase to 600m and 800m for the following two races of the series.

Entrants can also race as a team.

Registering online will make entrants' race day formalities much quicker and also saves the organisers a huge amount of time. For those who cannot register online, offline pre-registration is available on Tuesday 10 August, from 5-7:30pm at My Bar, Sunset House and on race days from 4:30-5:15pm. Entry is \$25 in advance for the whole series, or \$10 per race - individuals and teams. Minimum age on race day is 13 years of age and participants under the age of 16 must be accompanied by a parent or legal guardian.

The 2010 receiving charity will be CARE - Cayman Animal Rescue Enthusiasts. CARE is a group of dedicated volunteers, whose goals are to assist the Cayman Islands Humane Society by volunteering time to exercising and socialising the many pets abandoned at the shelter and assist in the education of spay and neuter within the community.

This event attracts a wide range of abilities; from those that regularly compete, to those that just want to get out and get some exercise in a fun environment. Both individual and team participation is available and everyone is welcome to race. If a solo runner or swimmer wants to be part of a team, the organisers can put them in touch with a suitable race partner.

As well as the incentive to get fit, an added bonus is the opportunity of winning one of the many top quality on-the-spot prizes on offer at each race, including a special bank of prizes for team entrants.

Marius Acker, Lizzy Haines and team One Speed (Jasper Mikkelsen swimming and Dave Walker running) got overall victories in the 2009 Ogier Stroke and Stride.

Share your Comment

We welcome your comments on our stories. Comments are submitted for possible publication on the condition that they may be edited.

IMPORTANT IDENTITY INFORMATION: You will be able to create a 'nickname' which will allow you to remain anonymous, however, whilst we collect login information from you, this information will be kept confidential and only used to contact you directly, if required. We require a working email address - not for publication, but for verification.

Please login to comment on our stories. [LOG IN](#) | [REGISTER](#)