

# 25TH. NATO Run & Bike

**Saturday, January 5th., 2019 at 11am at the NATO sport centre in Haren**

Sport event by team of 2 with one mountain bike. Team mates must stay together but they may change as often as they want. However they must respect a distance of max 10m between themselves.

Come and discover with us the new NATO sport centre and a new course that will pass on the venue of our partner Decathlon.

Three distances are proposed ;

- 06 kms (3/4 lap) pour les kids (2 category's ; JEAN A<12 YEARS & JEUNB< 14 years)
- 08 kms (1 lap) for family's (1 adult et 1 one child < 14 years)
- 16 kms (2 laps) for all other category's

Schedule of the day :

- Registration : 9:30 to 10 :45am
- Briefing for all participants : 10:45
- Race start : 11:00 am
- Prize ceremony : +/- 1pm

Registration fee

Race participation : 30€ per team with no meal but souvenir t-shirt or 45€ with two meals served after the race and two souvenir t-shirts.

Extra meals can be orderd for the price of 10€.

Registration in only validated once payment has been made !

Brussels Ironman Nato's (BIN) bank number :

IBAN BE32 0682 1094 3402

**No payment = no inscription. No registration or changes possible on race day.**

Registration via : [www.binotan.be](http://www.binotan.be)

First 3 of each category will receive a medal and a prize.

1. Large format (2 laps) : JUN (M & F), SEN (M & F), VET (M & F), MIXED and NATO staff
2. small distance (3/4 lap & 1 lap) : Youth a & b and familys

**!!! Max 125 teams**

More info :

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