



Are you up for the challenge?

Following the success of the last two Big Heart Cycles, the Paisley Heart Town initiative is delighted to invite you to join us for a brand new event – the Triple Heart Challenge 2014!

This year, on Sunday 22nd June, we are planning a fun, mini-triathlon which aims to challenge you and encourage you to make use of some of the great facilities within Renfrewshire. The event will consist of

- a 10 mile cycle from Paisley Lagoon Leisure Centre to Castle Semple Loch
- a 0.5 mile kayak across the loch and back (weather dependent)
- a 2.5 mile walk/run around the Johnshill Loop in Lochwinnoch, finishing back at the loch

There will be prizes for fastest finishers as well as goodie bags for all participants. Places are limited, so we advise people to register quickly to make sure they get a place. Registration costs £10 for adults and £5 for young people up to the age of 18 (under 16s to be accompanied by an adult and the event is not recommended for under 12s).

The kayak course will be fully supervised by kayak coaches and buoyancy aids will be provided along with helmets. We ask that all participants can swim or are at least comfortable around water. If you'd like to have a go at kayaking before the event you can contact Andy on 07749 741592 – if you mention the Triple Heart Challenge the cost for an hour's kayak hire is just £5.

For more information on the Triple Heart Challenge 2014 and to register, please go to www.paisleytripleheart.eventbrite.co.uk. You can also follow us on Twitter at @PaisleyHTown

We hope that you'll take the opportunity to take part in this unique event and help us raise vital funds for the British Heart Foundation Scotland's pioneering research into heart disease.

Thanks,

Roisin Robertson, Health Improvement Manager, Renfrewshire Council
Carole Nicol, Fundraising Volunteer Manager, British Heart Foundation Scotland