



*Kellogg's*  
**NUTRI-  
GRAIN**

PRESENTS THE

# SHANNON ECKSTEIN IRONMAN CLINIC 2017

LEARN FROM THE BEST  
IRONMAN IN THE WORLD!

[shannoneckstein.com.au](http://shannoneckstein.com.au)

9 times Series Champion Shannon Eckstein



Ironman Specific Training | Team Events  
Sports Psychology & Race Strategies | Training Tips  
Board Paddling, Swimming, Transitions & Running  
Nutrition | Recovery | Under 10s to Under 17s  
Lots of prizes and giveaways

**When: Monday 16 January 2017**

**Time: 9am - 3pm**

**Location: Bulli Beach**

**Cost: \$70**

For more information contact Keith Caldwell 0414-258295 or  
[bullisurfclub@gmail.com](mailto:bullisurfclub@gmail.com) | [www.bullisurfclub.com.au](http://www.bullisurfclub.com.au) for more information

