

Triathlon/Duathlon

Race Info

Triathlon entrants need to arrive at the site between 6:00 -8:00 AM. The swim is first come, first serve. At this time, you will check in and get your swim event card for documenting your swim time. After your swim you will receive your race number for the 9:00 AM Run/Bike/Run and pick up your T-Shirt. Check in for the Duathlon will start at 7:30 AM. Be ready for the race to start at 9:00 AM.

The swim event is timed separately and is added to your outside run/bike/run time. There will be a warm up lane open from 6:00-7:30 AM. Beginning at 7:30, the warm up lane will open up to those that would double up and swim side by side. Otherwise one swimmer per lane, first come first serve. When you are finished your 1/4 mile (or 1/8 mile) swim, you can use the locker rooms to get changed and meet at the starting line. All swim times must be in by 8:00 AM.

The Run/Bike/Run is a 2 mile run, 16 mile bike 2 mile run event (1 mile run, 8 mile bike, 1 mile run for kids). The start will be at the south side parking lot of the Aquatic & Fitness Center. It is suggested to rack your bike and get your equipment ready prior to this segment but not before you complete your swim. Remember: Helmets must be worn while biking. Your race number must cross the finish line worn somewhere on your person.

Awards and refreshments will follow the event.

