

## Heart of America Triathlon

**Event:** Triathlon

**Coordinator:** Jay Ferreira

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**Date:** Saturday, September 20, 2008

**Packet pick-up:** Saturday, September 20, 2008 \*TIME\*

**Pre-race meeting:** \*TIME\* This is required for all competitors.

**Race start:** \*TIME\*

**Location:** Lake Afton

**Details:** The triathlon is a sprint distance event consisting of a 500-yard open water swim, a 12-mile bike ride, and a 3-mile run. This is the only distance offered and you must complete each of the segments to finish the triathlon.

**Events:** Individual and team events will be offered at the sprint distance. Individuals must complete the entire triathlon. Teams (up to 3 members) must also complete the entire triathlon, with each person completing one of the segments of the triathlon.

**Wetsuits will be permitted for the swim segment.**

**Helmets are REQUIRED for the bike segment and must be snapped/buckled before leaving the transition area.**