

# TRIATHLON

## West Union Parks and Recreation Department

By: Kathy Guyer, Director

The first annual West Union Triathlon will be held in West Union on Sunday, June 29, 2008. The event will be held at the West Union Aquatic Center and West Union Recreational Area.

The race begins with a 3-mile run, which starts at the Aquatic Center and winds around the North Fayette Cross-Country course. It incorporates the beautiful West Union Recreational Area fields and trails into the course and brings you back to the transition area located in the Aquatic Center parking lot.

After the run, you will either get on your bike or touch the next member of your team at the relay station. The 16-mile, slightly hilly, bike ride will take you on county blacktop and concrete roads north of West Union and loop you back to the Aquatic Center.

There, you will either enter the pool, or touch the next member of your team at the relay station. The swim consists of 8 lengths of the pool, approximately 200 yards.

### .....Who Can Participate?

~Anyone who is at least 9 years of age on race day is encouraged to try our race!

~You may enter as an individual or as a 2- or 3-person team. (We must have a parent/legal guardian sign if under age 18).

~All teams (male, female, coed, family) are competing together in the same category

### Why are we doing this?

The West Union Park and Recreation Department is dedicated to improving the health and fitness of the residents of West Union. To that end, we have a city park that very badly needs new playground equipment. All proceeds from this event will go towards the purchasing of new playground equipment and its installation. Each year, a new project will be chosen as the recipient of the triathlon funds. What a fun way to raise money for a great cause!

## **The Rules**

~The 1st event will be the 3-mile run, followed by the 16-mile bike and finish with the swim which will be 200 yards, eight lengths of the pool. Lane ropes will be in the pool to facilitate the swim.

~All bikers must wear helmets. They will not be provided for you.

~The swim will begin in 4 feet of water under the slide end of the pool and finish in 4 feet of water so **NO DIVING** will be allowed. The swimmer will be swimming over the deep end for part of the swim.

~Relay stations will be clearly marked and supervised. You must **TOUCH** the next person on your team!

~The biker may have on his/her helmet while waiting in the exchange zone. Once the runner has touched the biker, he/she will go to the bike. **NO BIKES WILL BE ALLOWED IN THE EXCHANGE ZONE.** When the biker returns, he/she **MUST** get off the bike and then touch the swimmer in the exchange zone. The swimmer will then run to the pool through a "chute".

~Swimmers, please exit the pool through the zero entry depth of the pool area and out the main gate immediately following your swim to avoid congestion.

~Enjoy some refreshments afterwards, and wait for the Awards Ceremony. Awards will be given as soon as the results are tabulated.

## **Awards**

Trophies will be given to the following finishers:

Overall Winner, Oldest Male/Female Finishers, and Overall Male/Female Finishers

Medals will be given to the top three places in each of these categories:

17 & Under, 18-25, 26-35, 36-45, 46-59, and 60 & Over

Medals will be divided by the above age groups and gender

## **How much will it cost to enter the competition?**

~\$20 - Students (9-17)

~\$25 - Individuals (18+)

~\$50 - Teams (2-3 people)

Race day registration, add \$2.00; however, t-shirts will be on a first come, first serve basis. Others will be mailed later, additional \$2.00 postage fee per shirt.

Registration form must be received in the Park and Recreation Office by June 15, 2008 to insure a T-shirt on race day!

There is more information available on our website. The link is [www.WUParkandRec.com](http://www.WUParkandRec.com). Please feel free to contact Kathy Guyer with any questions or to register.