

Swim, Bike or Run to Luke's Fall Triathlon, BUT DON'T MISS IT!

By Douglas Hickins, 56th Services Marketing

>> A triathlon is an endurance sports event consisting of swimming, cycling and running over various distances.

The origin of triathlon is attributed to a race in France during the 1920-1930s that was called "Les Trios Sports" and consisted of a 3K run, 12K bike ride and swimming across the channel Marne.

In modern triathlons, these three events – swimming, biking and running – are placed back-to-back in immediate sequence and a competitor's official time includes the time required to "transition" between the individual legs of the race, including any time necessary for changing clothes and shoes.

The first documented "modern" swim/bike/run triathlon was held at Mission Bay in San Diego, California on Sept. 25, 1974 and it is this date which is celebrated as the day modern triathlon began. Early triathlon events were held as off-beat training exercises for runners and intended as no more than breaks in the normal grind of training for marathons and 10Ks, but it wasn't long before light-hearted training sessions turned into informal and finally formal races.

Since these early beginnings, triathlon has grown significantly and now includes thousands of races with hundreds

of thousands of competitors worldwide. The sport made its debut on the Olympic program at the Sydney Games in 2000 featuring a 1500 meter swim, 40K bike ride and 10K run.

This year, Services' Aquatics Programs annual Fall Triathlon features a 400-meter swim, 14-mile bike ride and 5K run (3.1 miles) starting at 7 a.m., Saturday, Sept. 20 at the SilverWings Pool. In addition, the triathlon features individual and three-member team registration (each team member will complete one leg of the race). The cost to participate is \$20 each for any military I.D. card holders and \$45 per person for all others.

For the first time this year, a new microchip timing system will be used to record competitor's event times. Trophies will be presented to the first place winning individuals and second and third place individuals will receive awards, in each division: Open male; Open female; Over-40 male; and Over-40 female. Team awards include a trophy for the overall first place finishing team and first, second and third place individual awards.

Register to compete by Sept. 12 and receive a free T-shirt! For more information call 623-856-6538. ♀

