

3rd Annual Sampson County Triathlon Coming on March 10, 2012

Sampson County will host its 3rd triathlon this year. The planning committee, chaired by local Extension Agent Casey Stevens, has put together a series of informational meetings and training clinics to help people who want to know more about being in the event.

At the informational meetings, there will be a PowerPoint presentation, displays of various types of equipment and gear, and knowledgeable people who will be ready to answer questions and demonstrate some of the ways people transition from one event to the next. The dates for these meetings will be posted once they have been confirmed.

Our local triathlon is called a Super Sprint because it has the shortest distances allowed by the USTF. The first event is a 250-yard pool swim. From there participants go from the pool to the transition area where everyone has their own numbered space and where all equipment and gear transitions take place. Participants will retrieve their bikes and walk or run the bike to the mounting area. After completing the 7-mile bike course, participants will dismount and run or walk their bike back to their numbered space and transition to the run. Participants leave the transition area and proceed to the run route. After running, jogging, or walking the 2-mile route, participants will cross the finish line to complete the event.

Triathlon Training Opportunities

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Activities</u>	<u>Start Location</u>
Saturday, January 21		9AM	bike to run	Center for Health + Wellness 417 E. Johnson St
Monday, January 23		5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Wednesday, February 1		5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Friday, February 3		5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Saturday, February 4		9AM	swim to bike	Center for Health + Wellness 417 E. Johnson St
Wednesday, February 8		5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Saturday, February 11		9AM	swim to bike	Center for Health + Wellness 417 E. Johnson St
Wednesday, February 15		5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Saturday, February 4		9AM	swim, bike, run	Center for Health + Wellness 417 E. Johnson St

Day	Date	Time	Activities	Start Location
Wednesday,	February 22	5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Wednesday,	February 29	5PM	bike to run	Clinton Recreation Dept 119 Leisure Ln Royal Lane Park
Saturday,	March 9	9AM	swim, bike, run	Center for Health + Wellness 417 E. Johnson St

IMPORTANT INFORMATION:

Call to sign up for each day you plan to participate: 910-299-4906

Swim: you must be a member of the Wellness Center or pay the day use fee to swim in the pool

Bike: you must have a bike that is riding condition and be legal for riding after dark if you participate in any evening rides. You **MUST** have a bike helmet and you **MUST** wear it on any training rides. **NO EXCEPTIONS**

Run: you must have clothes and shoes appropriate for the weather conditions. Weekday runs, wear reflective clothes.

Please see the back sheet for additional information.

*In North Carolina, people riding bikes after dark must have a white reflector on the handlebars of the bike and a red or amber light on the back of the bike.

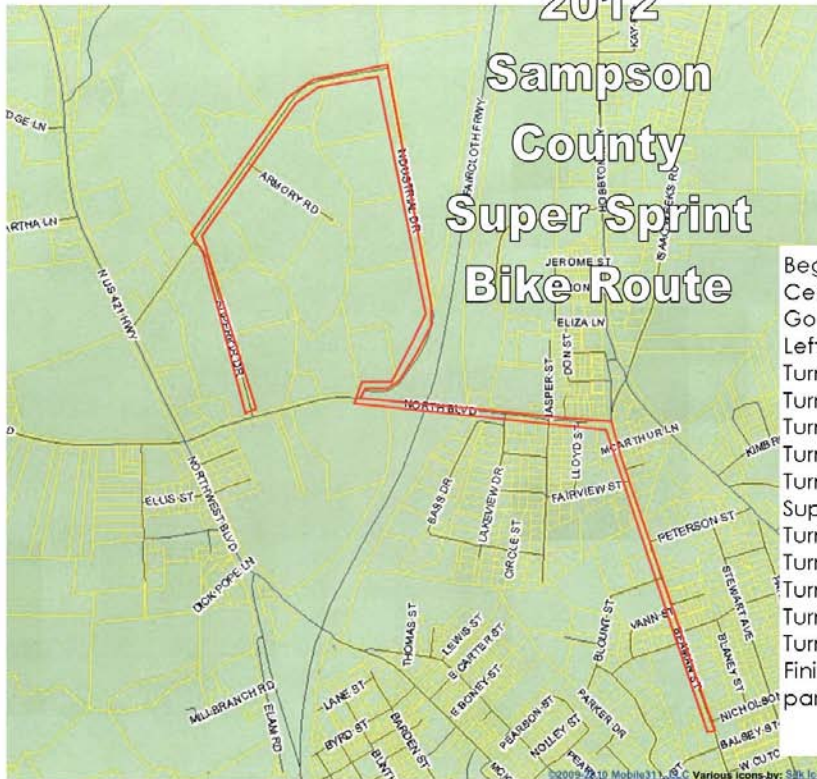
All Saturday training will take place on the actual racecourses. The maps for the bike & run routes are attached.

WEEKDAY ROUTE: Meet at Clinton Recreation main office 119 Leisure Lane in Royal Lane Park (910-299-4906 FMI)

Leave on Leisure Ln.; RT on Pierce St.; Rt on Ellen St. Rt on Royal Lane:LF on Warren; Rt on Shield; LF on Sunset; Rt on Eastover; LF on Elizabeth; LF on Chestnutt; Rt on Fayetteville; LF on Giddens; Rt on W. Johnson to Wellness Center.

Run/Jog/Walk same route in reverse.

2012 Sampson County Super Sprint Bike Route



Begin in the Wellness Center Parking lot
Go to Beaman St & Turn Left
Turn Left on North Blvd
Turn Right on Industrial Dr
Turn Left on Armory Rd
Turn Left on Superior Dr
Turn around at the end of Superior Dr
Turn Right on Armory Rd
Turn Right on Industrial Dr
Turn Left on North Blvd
Turn Right on Beaman St.
Turn Left into parking area
Finish in Wellness Center parking lot.

