



Fort Rucker Triathlon

Saturday June 18TH 2022



Fort Rucker Triathlon will be open to the public/authorized patrons. Patrons (over the age of 16) who would like to attend the event will need a visitors pass BEFORE June 18 for access to the event.

Where: West Beach, Lake Tholocco on Johnston Rd., Ft Rucker, Alabama

When: Saturday June 18th 2022; *Race Start:* 0700 CDT

Race Course:

Swim-1/4 mile in Lake Tholocco

Bike-10.6 miles, out and back, along an asphalt road

Run-3.1 miles, out and back

Details:

Swim 1/4 mile in the beautiful waters of Lake Tholocco. The water is usually calm and very flat in the morning. The course is well marked with buoys. Lifeguards will be on duty.

Bike: The 10.6 mile, out-and-back, fast and rolling **bike** course begins at West Beach transition of Lake Tholocco, proceeds South along Johnston Road, and right onto Christian Road. Turnaround is just prior to the Faulkner Gate.

Run: The 3.1 mile, out-and-back, fast and rolling **run** will begin at the West Beach Transition, proceed north along Johnston, turn around just prior to the RV park and return to the finish.

Civilian/Military Individuals and Relay Teams (2 or 3 competitors per team) are welcome. 6 starting heats: Female 15-29, Male 15-29, Female 30 and above, Male 30-39, Male 40 and over, Male and Female 14 and under

Swim caps will be provided and must be worn during the swim. Helmets must be worn during the bike (not provided).

Aid stations will be provided on the bike and the run course. Post-race refreshments will be provided.

Entry Fee:

All competitors have until the day of June 12th to register without an increase in the fee.

Individual Early Registration: \$50 (by June 12th); June 13th-Race day, entry fee is \$60.

Relay Team (max 3 competitors) Early Registration: \$95 (by June 12th); Relay Team (max 3 competitors) June 13th- Race Day: \$105

****All pre-registered competitors will receive a T-shirt and participation medal****

PRE-REGISTRATION IS HIGHLY RECOMMENDED!!!

Pre-Registration/Package Pickup:

Registration forms available and payment may be made at the Fortenberry-Colton Physical Fitness Center, and Fort Rucker Physical Fitness. You may also mail your payment to the address listed at the bottom of the page.

Pre-registration packet pick up will be Friday, June 17th, 1500-1700 on site at West Beach, Lake Tholocco.

Race day registration: 0530 to 0630 CDT; Transition closes 0645 CDT; Race starts 0700 CDT.

Awards:

Trophies will be awarded to the Overall Female and Male, Master Male and Female, Grandmaster Female and Male.

First Place trophies and Second and Third Place medallions will be awarded for the following age categories: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & Over

Awards will be given to the 1st, 2nd, and 3rd place Relay teams.

CASH AWARDS WILL BE GIVEN TO TOP OVERALL FINISHERS AND THE TOP RELAY TEAM!!!

Race Director: Call Nicole Crowley at 255-1951 for questions and more info. Email: nicole.r.crowley4.naf@army.mil

