



# Lake Tholocco Sprint Triathlon

Saturday, June 17<sup>TH</sup> 2023



**Lake Tholocco Sprint 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 17<sup>th</sup> for access to the event.**

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

**When:** Saturday June 17<sup>th</sup> 2023; *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.

## Heats:

Civilian/Military Individuals and Relay Teams (2 or 3 competitors per team) are welcome. 6 starting heats: Male 15-29 and relay teams, Female 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:

Individual Early Registration: \$50 (by June 11<sup>th</sup>); June 12<sup>th</sup>-Race day, entry fee is \$60.

Relay Team (max 3 competitors) Early Registration: \$95 (by June 11<sup>th</sup>);

Relay Team (max 3 competitors) June 12<sup>th</sup>- Race Day: \$105

## Pre-Registration/Package Pickup:

Registration forms available and payment may be made at the Fortenberry-Colton and Fort Novosel Physical Fitness Centers. 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 16<sup>th</sup>, 1500-1700 on site at West Beach, Lake Tholocco.**

## Start Times:

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 Female and Male, 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Relay teams.

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

Race Director: Call Kristi Fink at 334-255-1951 for questions and more info. Email: [Kristina.l.fink.naf@army.mil](mailto:Kristina.l.fink.naf@army.mil)