



Virginia Amateur Sports, INC

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25th Annual Smith Mountain Lake Triathlon

Virginia Amateur Sports in partnership with the Kinetic MultiSports is proud to announce that the 25th Anniversary of the **Smith Mountain Lake Triathlon** will be held this Saturday, May 6th at Smith Mountain Lake State Park.

Virginia Amateur Sports has received registrations for over 333 competitors from 15 states and Washington, DC. Online registration closes May 6th. Teams and individual participants will be featured. Teams (10) will be comprised of one swimmer, one biker and one runner. Individuals will compete in all 3 phases of the event. This year's competitors range in age from 12 to 81. This year, we are also excited to partner with USA Triathlon to have our race as one of their USAT Paratriathlon development series races – we will have 6 Paratriathletes racing with us on Saturday.

The event will kick-off at 8:55am at Smith Mountain Lake State Park in Huddleston, VA with the paratriathletes entering the swim, then at 9:05am the remaining athletes will enter the water in waves (2 athletes every 3-5 seconds) from the beach for the 750-meter swim. Following the swim, the participants move into the transition area where they transfer to their bicycles for a 20K bike ride and then back to the transition area to start their 5K run through the park. There is also an Aquabike division in which participants complete only the swim and bike portion of the course. The top three (3) "Overall" male and female winners will be recognized, as well as the top three (3) winners in each age group and gender and top three (3) team winners in each category will also be presented their awards following the race's completion. There are also awards for the Clydesdale, Athena, Military and Para divisions. Finisher medals will be awarded as participants cross the finish line. Swim distance could be shortened based on water temperature prior to race.

In addition to the race being part of the Paratriathlon Development Series and the Virginia & Maryland Triathlon Series, the race is also a part of the Virginia State Parks Adventure Series.

Race sponsors include Exelixis, Cardinal Bicycle, Fleet Feet Roanoke, Bedford Tourism & Welcome Center, Carter Bank & Trust, Gentry Locke Attorneys, VA State Parks, and Delta Response Team

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For more information on the event, including images for download, visit: www.CommonwealthGames.org

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