

## VIRTUAL Race Number 2: Individual Triathlon

Race Details: Racers will need to complete a bike ride and a run on a course of their choice and must paddle from Custer Road Bridge to the Finish Line Banner at Scottville Riverside Park. Participants will have from August 14<sup>th</sup>, 2020 to September 7<sup>th</sup> 2020 to complete the three events. There will be no support from the MCC Educational Foundation for this event. Each participant is responsible for timing their individual events for the Triathlon. Participants do NOT have to complete the three stages on the same day.

Start with completing a 12 mile bike ride on a course of your choice.

Once the bike part is completed, finish a 4 mile run on a course of your choice.

For the Final Leg of the Triathlon you MUST paddle on the Pere Marquette River in Mason County from the Custer Bridge to the Scottville FINISH LINE BANNER at the Scottville Riverside Park.

Race Details: Must be 16 years of age or older.

Entry fee: \$25.00 per participant and you can register at <https://runsignup.com/Race/MI/Scottville/SpartanRiverRaces>

The registration will close September 7<sup>th</sup>, 2020.

Vessels may be a single canoe, or single kayak.  
NOTE: Kayaks will be limited to 14 feet!!!

Racers are responsible for their own PFD, paddle, and vessel.

Canoes must be propelled with a single blade paddle; Kayaks with a double bladed paddle, bent shafts are permitted.

Each participant will receive an event shirt and a finisher medal.

Participants MUST wear a USCG approved PFD's at the start of the race. NO Cushions to be used as PFD's

Absolutely NO ALCOHOL BEVERAGES during the race.