



**Sprint Triathlon** (Individual Athlete or Relay Teams): 750yd Swim . 15.6 Mile Bike . 3.1 Mile Run

**Duathlon** 1.5 Mile Run . 15.6 Mile Bike . 3.1 Mile Run

**Race Description:** The T-Town Tri is a Sprint Triathlon for athletes of all ability levels. This event is held in the rolling hills of beautiful Tazewell Virginia and offers an unforgettable experience that the whole family can enjoy. The 750 yard swim is a one-loop, open-water course in scenic Lincolnshire Lake. This beautifully pristine lake is typically reserved for fishing, kayaks, and an inflatable aqua-park but it makes the perfect site for a race morning with beautiful views and fast times. Transition (T-1) is a short, 50 yard jog up the boat ramp where you'll begin the 15.5 Mile rolling bike course. The bike is an out-and-back route that encompasses the town. Several short climbs and quick descents highlight the 604' of elevation gain as you speed back into Transition (T-2) to begin the 3.1 Mile run. The well-maintained gravel trail that surrounds Lincolnshire Lake is the site of the 5k trail run. Runners will complete 2 counter-clockwise loops of the lake trail that totals 160' of elevation gain. This course is very spectator friendly and the Town of Tazewell would love to accommodate all of your mountain weekend getaway needs. Additional race options will be available such as team relays and a Duathlon event. The duathlon will replace the swim with a 1.5 Mile run loop around the run course before completing the same 15.5 Mile bike and 5k trail run alongside the triathletes. Awards and T-Shirts will be included in the entry fee. The events will be chip timed and USAT Sanctioned. Pricing will be done in tiers and early registration begins at \$50.

Contact Charity Hurst for more information at [cdhurst17@gmail.com](mailto:cdhurst17@gmail.com)

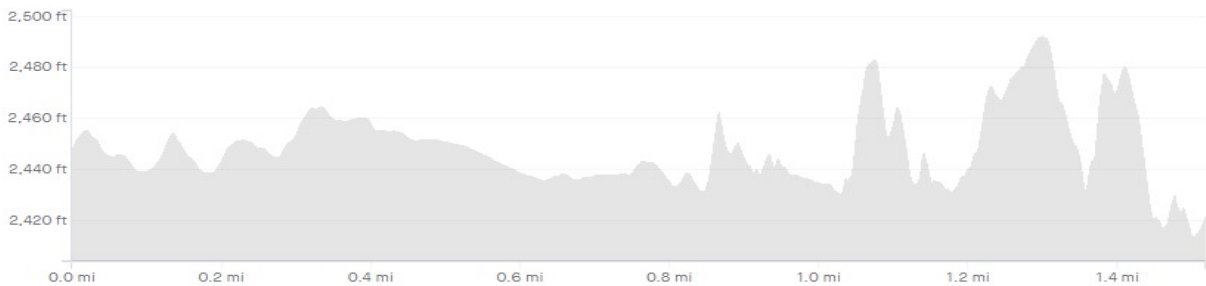
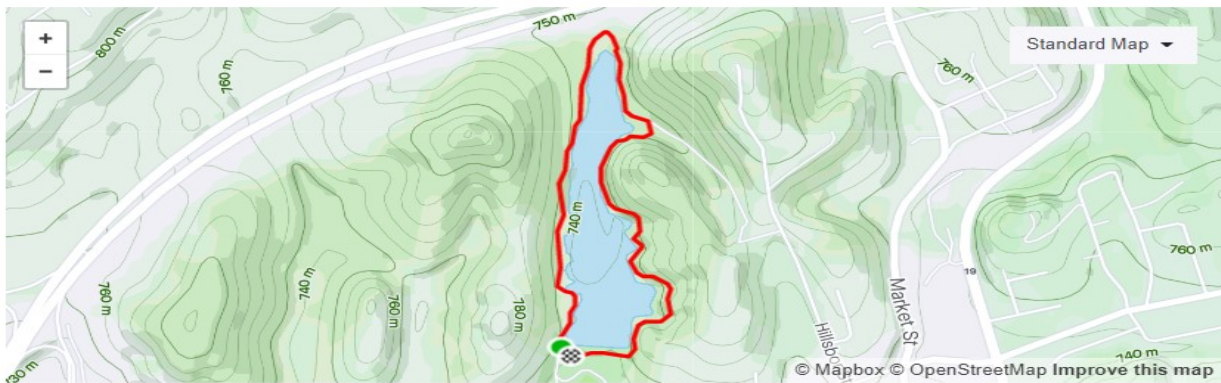
## T-Town Sprint Bike Course

15.6 Miles - 640' Elevation Gain



## T-Town Sprint Run Course

3.1 Miles - 156' Elevation Gain



\* Run map and elevation chart depict 1 lap, double for full race profile