



Long Pond Triathlon Series

Sponsored by the Cape Cod Athletic Club



Need a final tune-up before either the two Hyannis Sprint Triathlons or the Falmouth Triathlon? Join members of the Cape Cod Triathlon Team (the triathlon group of the Cape Cod Athletic Club) as they meet one week before each race for a mock triathlon at Long Pond in Harwich.

Distances are set exactly the same as the upcoming race the next weekend. Bike course is all right turns with no major road crossings. Run is on a bike path. It's a great way to work on your open-water swim, pacing over the distances, transitions and strategy. No age groups, no awards, no pressure.

2009 Schedule

6/6/09	Swim .25 miles, Bike 10 miles, Run 3.6 miles
7/5/09	Swim .33 miles, Bike 9 miles, Run 3.1 miles <i>(This year only: held two weeks before Falmouth Triathlon)</i>
9/5/09	Swim .25 miles, Bike 10 miles, Run 3.6 miles

Race Details

Start time: 8 am

Location: Long Pond Beach, located on Crowells Bog Road (off Route 124 a mile north of Route 6, Exit 10)

Race assistance: Lifeguarded, volunteer security for bikes during swim and run. Bring your own hydration. No assistance provided on-course. Beware of traffic as you would on any personal training ride or run.

Fee: Cape Cod Triathlon/Cape Cod Athletic Club members: free
Non-members: \$20 for the entire series, which will also enroll you into the Cape Cod Athletic Club for 1 year
Please bring \$3 to tip lifeguard

Customization: Feel free to skip a leg or to complete a leg multiple times (ideal for longer course athletes).

E-mail: Andy Scherding (ascherding@mac.com) with questions or to receive a course map.

Last-minute news: capecodathleticclub.org

