

## Annual MMHF Triathlon Saturday

Written by Holyoke Enterprise

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Local athletes are invited to compete in the 120 Club 2009 Amateur Triathlon sponsored by Melissa Memorial Hospital Foundation on Saturday, May 16. The event is the finale of the six-week fitness challenge which began in April.

A total of 15 teams have participated in the fitness challenge, which included a combination of walking/running, biking and swimming. Now these athletes will be able to test their physical abilities in Saturday's triathlon competition.

Participants should have already turned in their tally sheets to the Holyoke Swimming Pool on Monday, May 11. Registration for the amateur triathlon will begin at 8:30 a.m. Saturday, May 16 at Holyoke City Park.

The competition is open to all area residents regardless of whether they participated in the six-week fitness challenge.

The amateur triathlon will include a team competition division as well as an individual timed division. Teams will consist of three individuals who will complete one of the requirements in swimming, biking or running/walking, while individuals will compete in all three events.

Any individual competitors who are not a member of a fitness challenge team will be charged an entry fee for the triathlon. Individual competitors are also asked to bring their own timers, if possible.

The triathlon, which will include swimming six laps, bicycling four miles and running/walking two miles, will begin at 9 a.m. with the bicycling, running/walking and then the swimming. Food and drink will be available to triathlon participants.

During the competition, some streets will be partially blocked off to minimize traffic. Residents are encouraged to avoid these areas during the triathlon, which should conclude by 12 noon on Saturday.

Maps of the bicycling and running/walking course will be available to competitors. All routes will be clearly marked with arrows, cones and/or barricades on the morning of the competition.

At the conclusion of the triathlon, prizes will be awarded to the top three places in each age division: peewee (4-10 years), juniors (11-18 years), adults (19-30 years), seniors (31-54 years) and masters (55 years and over).

All awards will be presented at the Holyoke Swimming Pool immediately following the triathlon.

Triathlon proceeds after expenses go to Melissa Memorial Hospital Foundation. For more information on the 120 Club Triathlon, contact Cherrie Brown at 854-2794.