



MG5026 – Triathlon Relay 2



Introduction

A triathlon is an endurance multisport race consisting of swimming, cycling, and running over various distances. Triathletes compete for the fastest overall completion time, racing each segment sequentially with the time transitioning between the disciplines.

Objective

Our triathlon relay will be modified and will require participants to ride a bike, run and swim.

Participants

6 Master Guides (3 men, 3 women). 2 Master Guides men and women will participate together in each relay.

Material

Bring your own bicycle and your Helmet. You must have a helmet to participate. We recommend using a mountain bike. Electric bikes will not be allowed.

Bring your life jacket or use one from LWR. You must have a life jacket to participate.

Event Location

Meet at the starting line by the pond, Look for feather flag #4

Procedure

Several teams will compete at the same time. A starting time will be given to each team.

1. Arrive at the event on time.
2. **First leg biking** - 2 Master Guides (men and women) will ride the bike to the next point where they will tag the last 2 Master Guides. Follow the main road and the multi-purpose trail to go around and using the main road, return to the starting point to tag their teammates.
3. **Second leg running** - 2 Master Guides (men and women) will run the road that go around the lodges and run to the pond to tag their teammates.
4. **Third leg**– 2 Master Guides (men and women) will swim to the other side of the pond, go around the buoy and return to tag their teammate runners, who will run to the finish line. Participants must know how to swim and must wear a life jacket.
5. The time for swimming, biking, and running will be added to the total time.



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Evaluation and scoring

Maximum number of points 200

Time

Less than 20 minutes 200
Each additional minute -2 point

Map

