

1st Annual Frogleg Triathlon

October 8th 8:00am Lucedale, MS

Name your own distance triathlon!

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The Frogleg Triathlon is the first of its kind in Lucedale, MS (most people in Lucedale think a triathlon is Eat, Drink, and Sleep.) But not the exclusive Froglegdevil Triathlon Club! We believe it is Blood, Sweat, and Tears or Rain, Snow, or Shine, or just simply Swim, Bike, and Run. Come be an inaugural member of the Frogleg Triathlon. We will not have officials, nor official time keepers, so please bear this in mind! Drafting is perfectly legal on our course so don't get your panties in a wad if you see it happening. This first year we are organizing this as more of a training/having fun event, rather than a competition. Your best competition is yourself anyway! We will have fluid stations on the bike and run courses and post race fluids and food. We have awesome t-shirts designed, and the best part is the whole event will only cost you \$30!

Check out the following links for website sign up and course maps.

<https://sites.google.com/site/frogleg70point3/>

website, PayPal and directions

www.mapmyride.com/routes/view/49675930

run course

www.mapmyride.com/routes/view/49674550

bike course

<http://facebook.com/event.php?eid=212135635504536>

Facebook event page (or search frog

leg devil 70.3 on Facebook)

We have designed our course to be beginner friendly, age-grouper tough, or professionally challenging, and the best part is you can do any distance you want... we don't care! What we really mean is that if you want to shorten or lengthen any part of your race, go ahead! But when you tell people what you did, let your conscience be your guide!

Our suggested courses are:

Sprint/Beginner 22.40 miles

.30 mile swim (.15 out and .15 back)

19 mile bike (1 loop of bike course)

3.1 mile run (1.55 out and back run)

Olympic/Intermediate 44.30 miles

.6 mile swim (.30 out and .30 back)

37.5 mile bike (2 loops on bike course)

6.2 mile run (3.1 mile out and back run)

70.3/Half Iron 70.30 miles

1.2 mile swim (2 loops .30 out and .30 back)

56 mile bike (3 loops on bike course)

13.1 mile run (6.55 out and back run)



Directions: from HWY 98, turn NORTH on HWY 63 N (2 lane, NOT the new 4 lane) go 3.7 miles, turn RIGHT on Dickerson Sawmill Road, go 5.0 miles and turn RIGHT on Acorn Ridge for .25 miles, park to your LEFT PLEASE as soon as you top the hill. The address is 154 Acorn Ridge Road, Lucedale, MS 39452