



## NEWS RELEASE

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### Off-Road Duathlon run-bike-run race returns to Laurel Hill County Park Jan. 10

[MOUNT PLEASANT] – Charleston County Parks will host the annual Off-Road Duathlon on the trails of Laurel Hill County Park in Mount Pleasant on Saturday, Jan. 10. [Registration](#) for the run-bike-run event is open through Jan. 7.

This beginner-friendly, three-part race features a two-mile run followed by a seven-mile bike ride and finishes with another two-mile run, all held on the scenic off-road trails of Laurel Hill County Park. The race is hosted by the Charleston County Park and Recreation Commission (CCPRC) in partnership with [Anne Moore Endurance Coaching](#).

"This is a great event for beginners who are looking to venture into triathlons or other multi-sport races," said Anne Moore, endurance coach and partner with the Off-Road Duathlon. "It's also a fun option for current athletes who are looking for some cross-training in the off-season."

The duathlon is open to bikers and runners of all levels, including beginners. The race will begin at 8:30 a.m. A transition area will be used for set-up between legs of the race. The bike leg of the event is best suited for knobby, wide-tired bikes. All trails are of a natural, unimproved surface. A map of the race course is available at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) (<https://ccprc.com/3263/Off-Road-Duathlon>).

Finisher medals will be given out, and awards will be given to the top three male/female finishers overall, as well as age group winners and first place in the master category.

"This low-key race draws a good mix of serious competitors and beginners. No matter their experience or their fitness levels and abilities, they are genuinely supportive of one another," said CCPRC Fitness and Wellness Manager Allison Foster.

The race is open to ages 10 and up. Participants ages 10-15 must be accompanied by an adult chaperone. Helmets are required, and earbuds, pets and strollers will not be allowed on the race course. Water stations will be available on the course; however, pre-filled, personal water bottles are highly recommended.

Registration is \$60 per person and is available now at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) ([direct link](#)). Registration for the race must be made in advance, and registration closes Wednesday, Jan. 7. On-site registration will not be available.

Laurel Hill County Park is located between Highway 17N and Highway 41 in Mount Pleasant. For the duathlon, runners will enter through the special event entrance location, at 1400 Highway 41, and will be directed to the race start from that entrance. Access through Park West will not be permitted for this event.

Laurel Hill County Park features several miles of running, walking and biking trails that wind through a variety of landscapes. The property is over 745 acres in total size and features an oak allée, large open meadows, a small lake and gorgeous scenery. General admission to the park for trail usage is \$1 per person.

For more information or to register for the Off-Road Duathlon, visit [CharlestonCountyParks.com](http://CharlestonCountyParks.com) or call 843-795-4386. This event is supported by Anne Moore Endurance Coaching and your Charleston County Parks.

*Laurel Hill County Park is leased by the Charleston County Park and Recreation Commission (CCPRC). The mission of CCPRC is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The large park system features over 11,000 acres of property and includes four land parks, a skate park, three beach parks, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a climbing wall, a challenge course, a historical plantation site, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. The park system also offers a wide variety of recreational services - festivals, camps, classes, programs, volunteer opportunities, and more. For more information, call 843-795-4386, or visit [www.charlestoncountyparks.com](http://www.charlestoncountyparks.com).*

High-resolution photos available upon request.

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