



CHARLESTON COUNTY PARK  
& RECREATION COMMISSION

## NEWS RELEASE

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### Off-Road Duathlon run-bike-run race returns to Laurel Hill County Park Jan. 16

[MOUNT PLEASANT] – Charleston County Parks will host the fourth annual Off-Road Duathlon at Laurel Hill County Park in Mount Pleasant on Saturday, Jan. 16, 2021. Registration is now open through Jan. 6.

The three-part race will feature a two-mile run followed by a seven-mile bike ride and will finish with another two-mile run, on the scenic off-road trails of Laurel Hill County Park. The event is beginner-friendly, and is presented 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 race will begin at 8:30 a.m. A transition area will be used for setup between legs of the race. The bike portion of the event is best suited for knobby, wide-tired bikes. Awards and t-shirts will be mailed to participants following the race. Bike bags will be given to the top three male and female finishers. All participants will receive a finisher medal.

Helmets are required, and earbuds, pets and strollers will not be allowed on the race course. Participants, staff and volunteers will be permitted on site only. Spectators will not be permitted at this year's race.



"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 14 and up. Participants ages 14-15 must be accompanied by an adult chaperone. Registration is available now at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) or by calling 843-795-4386. **Registration for the race must be made in advance, and registration closes Wednesday, Jan. 6.** On-site registration will not be available. Fees to participate are \$43. Race bibs will be mailed in advance to all participants.

Masks will be required in all indoor spaces, any outdoor spaces where 6-feet of social distancing is not possible or when interacting with our staff. Masks are required unless eating, drinking, or engaging in physical activity.

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 hosted by the Charleston County Park and Recreation Commission is presented by Anne More Endurance Coaching and Bilda Bike.

*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, download the Charleston County Parks mobile app, call 843-795-4386, or visit [www.charlestoncountyparks.com](http://www.charlestoncountyparks.com).*

High-resolution photos by Brian Fancher available upon request.

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