



CHARLESTON COUNTY PARK
& RECREATION COMMISSION

NEWS RELEASE

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Youth Triathlon Returns to James Island County Park in July

(CHARLESTON COUNTY) – In association with youth and junior triathlon coaching specialists Palmetto TRIbe, the Charleston County Park and Recreation Commission (CCPRC) will host its annual Youth Triathlon on July 24 at James Island County Park. The event is open to ages 7 to 15.

The multi-sport event will be held on a well-monitored course within James Island County Park and the swim portion will take place in the park's lake. After the swim, participants will traverse the shaded paths and roads inside the park for the bike and run segments of the race.

The registration fee for the race is \$45. Preregistration is required and ends by phone at 5:30 p.m. and online at 11:59 p.m. on Wednesday, July 13.

The race will begin at 7:15 a.m. The course is contained inside the park and the open-water swim will be monitored by CCPRC's safety and lifeguarding teams. Distances will vary based on the age of participants. Ages 11-15 will complete a 200-yard swim, a 6-mile bike, and a 2-mile run. Ages 7-10 will complete a 100-yard swim, 3-mile bike, and a 1-mile run.

Palmetto TRIbe coaches and the Charleston County Parks safety team will conduct a Youth Tri Swim Clinic on July 19 at James Island County Park for an additional fee. The clinic is from 6-7 p.m. and is \$15 per participant. This is an excellent opportunity for participants to become more familiar with the actual swim course before the event. For more information on the clinic or to register, visit CharlestonCountyParks.com.



To avoid crowding at the race and to try and ensure social distancing, there will be no packet pick-up. Bibs and swim caps will be mailed USPS prior to the race and t-shirts will be mailed post-race. There will be no awards ceremony held on-site post-race - awards will be mailed via USPS. Participants are required to bring their own, pre-filled water bottles. Water stations will be set up on course but with limited service.

Participants, staff, volunteers and respective parent/chaperone are the only people permitted on site. Please, no spectators at this time.

Bibs are required and body marking will not be offered. Lost bib penalties will be enforced. Participants should also bring equipment to complete on-site bike repairs on their own.

For more information on the Youth Triathlon, the Youth Tri Swim Clinic, the Charleston Sprint Triathlon Series or to register for any of these events, visit CharlestonCountyParks.com or call 843-795-4386.

Owned and managed by the Charleston County Park and Recreation Commission (CCPRC), James Island County Park is located at 871 Riverland Drive. 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 day parks, 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, download our mobile app, or visit www.charlestoncountyparks.com.

High-resolution photos available

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