



NEWS RELEASE

Public Contact: 843-795-4386 / www.charlestoncountyparks.com

Media Contact: Sarah Reynolds / (843) 762-8089 / sreynolds@ccprc.com

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Charleston Sprint Triathlon Series Kicks Off May 22 at James Island County Park

Race features 600-yard swim, 12-mile bike, and 5K run

[JAMES ISLAND] – The 2022 Charleston Sprint Triathlon Series kicks off on May 22 at James Island County Park! The Charleston Sprint Triathlon Series is a swim-bike-run series that hosts five races spanning May through August.

The 2022 races will be held on May 22, June 19, July 10 and July 31, with the Championship Race set for Aug. 14.

Each race begins at 7:15 a.m. with a 600-yard swim in the park's freshwater lake. The race continues with a 12-mile bike ride through the park and on Riverland Drive, and finishes with a flat 5K run. Participants must be comfortable swimming the distance in open water and riding a bicycle on roads open to traffic.

Athletes may compete in one race, multiple races, or sign up for the entire five-race series. Winners will be awarded from each individual race as well as the entire series.

After each race, awards will be presented to the top five men and women finishers in the Open/Elite division. Awards are also presented to the top three age group winners in five-year increments, and the top male and female finishers over the age of 40 (Masters division). Prime awards will be presented to the top males and females in the individual events, and additional awards divisions will also be available.

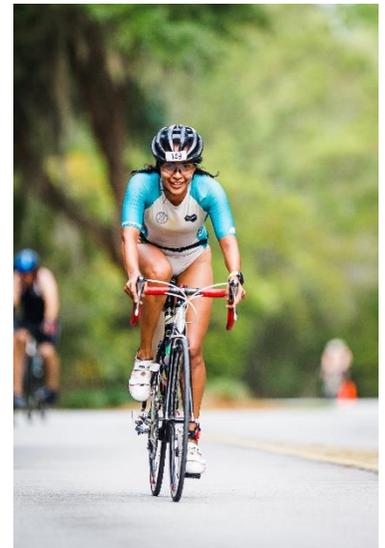
Participants will accumulate points throughout the series to be included in the Championship. A special Championship awards ceremony and post-race celebration will be held following the Aug. 14 race.

Over 30,000 athletes have raced in this swim-bike-run series since it began in 1991. Spectators are also welcome to come out to cheer on the participants. Said Charleston Sprint Triathlon participant Erik Bower, "I always have a great time. Started as a spectator, now I participate!"

Registration is now open for the Charleston Sprint Triathlon Series at CharlestonCountyParks.com (direct link: Register Online). Pre-registration is required and ends the Monday prior to each race. On-site and late registration will not be available.

For more information or to register for the Charleston Sprint Triathlon Series, visit CharlestonCountyParks.com or call 843-795-4386. This event is presented by Ethos Athletic Club, Blue Sky Endurance, Stretch Zone, and Marine Warehouse Center, and is also sponsored by Food Lion and your Charleston County Parks.

James Island County Park is located at 871 Riverland Drive and is owned 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 seven regional 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.



High-resolution photos by Brian Fancher available upon request.

Charleston County Park & Recreation Commission / 861 Riverland Drive / Charleston, SC 29412 / (843) 795-4386