

Triathlon

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she adds. Locker rooms, restrooms, and showers are available at the pool after 6:30 a.m. the day of the race, and for use as a changing area during the event. Participants should provide their own towel in addition to clothing and equipment needed for the three stages.

Awards will be mailed to age division winners and results

will be made available at sponsor locations beginning Oct. 22. Divisions range from ages 12 to 18 through 50 and up for men and women. Because of its less demanding length and strength requirements, this "mini" is unofficially called a "Tinman Triathlon."

The Oktoberfest flavor this year is friendliness. An aid station with water will be located

at the transition area exits at the fitness center. Because of pre-race time predictions by entrants, a 'loop swim' will provide "that open water feeling which will also give triathletes more room," says Hendon.

The sequence of events for triathloning is probably not the best for maximizing performance, according to exercise physiologist Sally Edwards, a professional Ironman triathlete from California. "But that sequence is important for safety reasons. It's safest to swim a long distance when you are fresh (a tired swimmer can

down). It is safest to cycle long distances before you become really fatigued (an exhausted cyclist can collide with other cyclists, cars, pedestrians). And it's safest to run last (a completely drained runner can always walk)."

This swim-bike-run sequence pits upper-body energy bursts (swimming) against two lower-body performances (biking and swimming), which makes tremendous demands on the legs, according to Edwards.

The triathlon has little history, but it is quickly reaching a growing audience of fitness-oriented collegians who wish the ultimate test of "sports courage."

Come Sunday morning, the triathlon will be separating the fit from the "armchair athlete." At the University next Monday, look for some tired faces and happy smiles above a brand-new shirt. Welcome to the "Triathlon Zone."

Springfield road race to be held

By David Dulberg
Of the Emerald

"Springfield's Original Road Race" scheduled for Oct. 20 is not just a micro-marathon, it is a step in the right direction for new and non-traditional care at McKenzie-Willamette Hospital, the hospice program.

"The hospice program is an alternative to dying in the traditional sense," says John Mitchell, a spokesperson for the hospital.

"It allows terminal patients to deal with death in their homes, surrounded by the love and warmth of their families."

Last year, proceeds totaled \$4,000 from the fun run, sponsored annually by the Development Council for the benefit of McKenzie-Willamette Hospital. This year, the sixth running of the event, race promoters hope

to do as well, though sign-ups have been somewhat sluggish.

"We are experiencing a sort of post-Olympic depression," says Mitchell.

About 500 runners are expected to cover the course's three different distances: 1.3, 2.6 and 5 miles.

The 1.3 and 2.6 mile races will begin at 8:00 a.m., and the 5 mile race will begin at 9:00 a.m.

Past winners in the five-miler include two-time champion, Tom Byers, and defending champion, Tom Holleran, in the men's division and defending champion Margaret Groos in the women's division.

There will be awards for the first man and woman at each distance and, also, age division winners. There is also a wheelchair division.

But the real winners will be those who benefit from the races proceeds — those who wish to live the final days of their lives in the comfort of their own homes.

The cost is \$6 for entries postmarked no later than Oct. 13 and \$8 for later entries. Micro-Marathon t-shirts are included in the entry fee, except for those wishing to pay a \$4 no-shirt fee.

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