



# Long Pond Triathlon Series

## Sponsored by the Cape Cod Athletic Club



*A series of mock triathlons sponsored by the Cape Cod Triathlon Team (the triathlon group of the Cape Cod Athletic Club). These "races" are practice-only; geared to the shorter "sprint" distances but open to athletes training for all distances.*

### 2010 Schedule

6/5/10	Swim .25 miles, Bike 10 miles, Run 3.6 miles
6/20/10	Swim .5 miles, Bike 15 miles, Run 4.5 miles
7/3/10	Swim .33 miles, Bike 9 miles, Run 3.1 miles
7/24/10	Swim .25 miles, Bike 10 miles, Run 3.6 miles
8/8/10	Formula One: Swim 0.2m, Bike 6m, Run 2m then do it all over again!
8/21/10	Swim .25 miles, Bike 10 miles, Run 3.6 miles
9/4/10	Swim .25 miles, Bike 10 miles, Run 3.6 miles

### Race Details

**Start time:** 7 am

**Location:** Long Pond Beach, located on Crowell's Bog Road (off Route 124 a mile north of Route 6, Exit 10)

**Race assistance:** Lifeguarded, volunteer security for bikes during swim and run. Bring your own hydration. No assistance provided on-course. Beware of traffic as you would on any personal training ride or run. Participation is at your own risk.

**Fees:** - Cape Cod Triathlon/Cape Cod Athletic Club members: \$5 per race to cover lifeguard cost, post-race food and drink.  
- Non-members: \$25 first race; \$5 each race for the remainder of that season.

**Customization:** Feel free to skip a leg or to complete a leg multiple times (ideal for longer course athletes).

**E-mail:** Andy Scherding ([ascherding@mac.com](mailto:ascherding@mac.com))

**Course Map:** <http://www.capecodathleticclub.org/teams/cctt/longpond.htm>

**Wiki:** [http://www.capecodathleticclub.org/wiki/index.php/CCTT\\_Practice\\_Triathlons](http://www.capecodathleticclub.org/wiki/index.php/CCTT_Practice_Triathlons)

**News Updates:** <http://groups.yahoo.com/group/longpondtriathlon>

