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FOR IMMEDIATE RELEASE

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20th Annual Appalachian Power Smith Mountain Lake Triathlon

Virginia Amateur Sports in partnership with the Virginia/Maryland Triathlon Series is proud to announce that the 20th Anniversary of the **Appalachian Power Smith Mountain Lake Triathlon** will be held this Saturday, May 6 at Smith Mountain Lake State Park.

Virginia Amateur Sports has received registrations for over 250 competitors from 12 states. Online registration closes tonight, however registration will be open on Friday, May 5 from 4:00-7:00 pm and 7:00 - 8:00 AM on Saturday, May 6 at the SML State Park pavilion area at the beach. Teams and individual participants will be featured. Teams (6) will be comprised of one swimmer, one biker and one runner. Individuals will compete in all 3 phases of the event. This year's competitors range in age from 11 to 75.

The event will kick-off at 9:00 am at Smith Mountain Lake State Park in Huddleston, VA with the athletes entering the water in 4 or 5 waves from the beach for the 750-meter swim. Following the swim, the participants move into the transition area where they transfer to their bicycles for a 20K bike ride and then back to the transition area to start their 5K run through the park. The top three (3) "Overall" male and female winners will be recognized and awarded their prizes. The top three (3) winners in each age group and gender and top three (3) team winners in each category will also be presented their awards following the race's completion. There are also awards for the Clydesdale, Athena and Military divisions.

In addition to the race being part of the Virginia/Maryland Triathlon Series, the race is also a part of the newly formed Virginia State Parks Adventure Series.

Race sponsors include Appalachian Power, Sherwood Memorial Park, Professional Therapies, Bedford Visitors Center, Lanford Brothers, INTotal Health and Blue Eagle Credit Union.

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