



Virginia Amateur Sports, INC

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FOR IMMEDIATE RELEASE

Date: April 27, 2021

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23rd Annual Smith Mountain Lake Triathlon

Virginia Amateur Sports in partnership with the Kinetic MultiSports is proud to announce that the 23rd Anniversary of the **Smith Mountain Lake Triathlon presented by FocusOne, Integrated Financial Planning** will be held this Saturday, May 1 at Smith Mountain Lake State Park.

Virginia Amateur Sports has received registrations for over 370 competitors from 16 states and Washington, DC. Online registration closes April 30th. Teams and individual participants will be featured. Teams (13) 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 79.

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 socially distanced groups of 2, instead of normal large group 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. Finisher medals will be awarded as participants cross the finish line, but to help maintain safe distances and recommended safety protocols, all other awards will be mailed to participants following the race. Swim distance could be shortened based on water temperature prior to race.

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 FocusOne, Integrated Financial Planning, Michael Morris, CPA, Bedford Tourism & Welcome Center, Richfield Living, Centra, and Home Magazine

For more information on the event, including images for download, visit: www.CommonwealthGames.org

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