



- PRESS RELEASE -

City of Pompano Beach • 100 West Atlantic Boulevard • Pompano Beach, FL 33061

Press Release Date: 10/14/09

Thanksgiving Day Triathlon
Pompano Beach Aquatic Center
820 NE 18th Avenue
Thursday, November 26th
7:00a.m. Start!

The City of Pompano Beach Parks and Recreation Department is holding a Thanksgiving Day Reverse Order Triathlon. The Run-Bike-Swim event will take place at the Pompano Beach Aquatic Center located at 820 N.E. 18 Avenue on Thursday, November 26th at 7:00 a.m. The Run portion of the triathlon will be 4.4 miles which will be one lap around the Pompano Airpark path. The Bike portion of the triathlon will be 8.8 miles which will be two laps around the Pompano Airpark path. The Swim portion of the triathlon will be 600 meters in the City's State-of-the-Art Olympic size competition pool.

Participants must pre-register at the Pompano Aquatic Center by November 25th. The registration fee is \$40 or \$30 early bird registration if before November 10th. There is no age requirement, but minors must be accompanied by an adult for the duration of the event. There is a maximum of 120 participants for this event.

There will be awards for the top three male and female finishers.

For more information call 954-786-4128.

Sandra King, Public Information Officer • Phone: 954-786-4527

