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NEWS RELEASE

Going Nowhere Fast Triathlon, presented by the Liberty County Armed Services YMCA and Healthy Hinesville

HINESVILLE, Ga. (May 2, 2019) – Healthy Hinesville and the Liberty County / Armed Services YMCA have partnered together to bring you the Going Nowhere Fast Triathlon on Saturday, June 22 at the YMCA.

The Going Nowhere Fast triathlon will offer two options for participants, sprint and endurance. Each features a timeframe in which participants will compete and have their distances/laps counted by event staff. Formats are as follows:

Sprint Format

Swim: 15 minutes
T1: 10 minutes
Bike: 15 minutes
T2: 5 minutes
Run: 1.5 miles (for time)

Endurance Format

Swim: 30 minutes
T1: 10 minutes
Bike: 30 minutes
T2: 5 minutes
Run: 5k (for time)

*T1 and T2 stand for “Transition 1” and “Transition 2”. This is the amount of time that participants will have between events to prepare for the next segment of the race if they so choose. The transition area of the race will be the bleachers on the side of the pool area and/or the YMCA locker room. Participants who complete their transitions faster than the maximum allotted time will receive 1 point for every minute not used to be tallied into their final score.

The swim portion of the race will take place in the indoor pool at the YMCA. Once complete, participants will have up to 10 minutes to prepare for the next portion of the race, the bike ride.

The bike ride will take place on the patio of the pool area and will be conducted on stationary bikes. Upon completion, participants will have up to 5 minutes to prepare for the final portion of



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the race, the run.

The run portion will be conducted both inside and outside the YMCA. Runners will have the option to reserve a treadmill for their portion of the race, but space is limited. Once all treadmills in a wave have been reserved, the participants remaining in the wave will run the course outdoors through James Brown Park. There will be a water stop located on the course.

Prizes will be awarded to the top 3 male and female overall finishers. Participants must arrive 45 minutes prior to their chosen start time to receive their numbers and check-in with race officials.

Online registration for this race will begin on Wednesday, May 13 at ymcaofcoastalgeorgia.org. Registration fees are as follows:

May 13 – June 8: \$30 per person (t-shirt guaranteed)
June 9 – 15: \$40 per person (t-shirt NOT guaranteed)

There will NOT be day-of registration allowed for this event and space is limited for each wave.

Participants will compete in waves. The first wave will go in the water at 8 a.m., with subsequent waves beginning every 30 minutes. The final wave will go in the water at 11:30 a.m. Waves will be assigned by the week of the race on Tuesday, June 18 and based on the format registered for (i.e. Sprint waves and Endurance waves).

To register for this event, please visit ymcaofcoastalgeorgia.org. A link to registration can also be found at cityofhinesville.org and in our Facebook event group (facebook.com/healthyhinesville).

Questions? Contact the Race Directors, Michael Whitten and/or Whitney Morris – Reed, at michael.whitten@ymcaofcoastalgeorgia.org or wmorrisreed@cityofhinesville.org.

Interested in becoming a sponsor for Healthy Hinesville? Contact Whitney Morris – Reed at wmorrisreed@cityofhinesville.org or 912.408.3569.

Healthy Hinesville is a program created by the City of Hinesville to connect Hinesville residents with local health, fitness and wellness resources. The campaign is proud to partner with the Liberty County / Armed Services YMCA and the Liberty County Recreation Department for this endeavor. To learn more about the Liberty County / Armed Services YMCA, visit their website at ymcaofcoastalgeorgia.org. To learn more about the Liberty County Recreation Department visit their website at lcrd2.homestead.com. To learn more about Healthy Hinesville, visit



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ABOUT THE CITY OF HINESVILLE:

The [City of Hinesville](http://cityofhinesville.org) was established in 1837 and is recognized as one of the fastest growing cities in the State of Georgia in both size and population. As the largest city in Liberty County, it serves as the county seat and is home to more than 35,000 people. For more information, visit cityofhinesville.org.

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