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# NEWS RELEASE

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

**HINESVILLE, Ga. (August 23, 2019)** – Healthy Hinesville and the Liberty County / Armed Services YMCA have partnered together to bring you the Going Nowhere Fast Triathlon on Saturday, October 19 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. If you would like to reserve a treadmill for the run portion of your wave, please email the Race Director at [michael.whitten@ymcaofcoastalga.org](mailto:michael.whitten@ymcaofcoastalga.org).

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 Monday, August 26 at [ymcaofcoastalgeorgia.org](http://ymcaofcoastalgeorgia.org). Registration fees are as follows:

**August 26 – October 4**

YMCA Members: \$30 per person

Non-Members: \$40 per person

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

Participants will compete in waves. The wave schedule is below. Waves will be assigned based on the date of registration (i.e. the earlier a participant chooses to register, the earlier their wave). If a participant feels that they need to be placed in a different wave than the one assigned, they can submit a written request to the Race Director at [michael.whitten@ymcaofcoastalga.org](mailto:michael.whitten@ymcaofcoastalga.org).

**Wave Schedule:**

Wave 1: 8:30 a.m.

Wave 2: 9 a.m.

Wave 3: 9:30 a.m.

Wave 4: 10 a.m.

Wave 5: 10:30 a.m.

Wave 6: 11 a.m.

Please note: Wave times listed above is the time that the clock will begin for wave participants.

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



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Following the race, participants are invited to attend the Liberty County / Armed Services YMCA Fall Festival from 10 a.m. – 1 p.m. The festival will be held on the YMCA soccer fields and is free and open to the public.

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

Interested in becoming a sponsor for Healthy Hinesville? Contact Whitney Morris – Reed at [wmorrisreed@cityofhinesville.org](mailto: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](http://ymcaofcoastalgeorgia.org). To learn more about the Liberty County Recreation Department visit their website at [lcrd2.homestead.com](http://lcrd2.homestead.com). To learn more about Healthy Hinesville, visit [cityofhinesville.org](http://cityofhinesville.org).

**ABOUT THE CITY OF HINESVILLE:**

The [City of Hinesville](http://City of Hinesville) 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](http://cityofhinesville.org).

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