



## For Immediate Release

August 26, 2003

### Inaugural Manitoba Heritage Duathlon du Patrimoine

Manitoba National Triathlon Centre (MNTC) is a regional training centre dedicated to the pursuit of excellence for high performance national level triathletes and coaches in the Manitoba area.

The MNTC is hosting its first fun Duathlon, the Manitoba Heritage Duathlon, to be held on Sunday August 31<sup>st</sup>, 2003 in Lockport, Manitoba. The bike portion will be held along beautiful River Road, which parallels the Red River north of Winnipeg.

This event will consist of a run, a cycle and another run. There will be a variety of distances at low entry fees geared to encourage participation for a wide variety of fitness levels. Relays will also be offered to allow teams of three to participate in this event. Our goal is to generate awareness for the sports of duathlon and triathlon, encourage organization, youth and family participation and raise funds for our elite athletes.

Distances available: Adults can choose any distance that matches their abilities, for youths the age maximum distances are denoted in brackets, an athlete's age is considered as of December 31<sup>st</sup>, 2003.

- 1km run / 5km bike / 500m run (8&9 max.) Race start: 9:30a.m.
- 2km run / 10km bike / 1km run (10&11 max) Race start: 10 a.m.
- 3km run / 15km bike / 1.5 km run (12 to 15 max) Race start: 10:30 a.m.
- Sprint distance: 5km run / 20km bike / 2.5 km run (16 to 17 max) Race start: 11a.m.
- Olympic distance: 10km run / 40km bike / 5km run (Open to 18+) Race start: 11 a.m.

We hope you'll join us in Lockport on Sunday to challenge yourself and promote a healthy lifestyle.

Complete event information can be viewed at <http://www.triathlon.mb.ca/mntc/duathlon/>. Race contacts are

- Barry Briscoe: 261-6202
- Jaromir Samek: 489-3923
- Jaclyn Vallis: 925-5636

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