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**Human Interest**

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**Athletes will test fitness, endurance in triathlon event**

By **Sandra Smith**

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Imagine swimming 750 meters, riding a bike for 14½ miles and then running a 5K race to the finish. Now imagine doing it all in two hours and 15 minutes or less.

That's what roughly 300 athletes, not only from local towns but from across the state and nation, will do at the Belews Lake Triathlon on April 18. A portion of the proceeds will go to benefit Trinity Covenant Preschool in Greensboro, the Madison Rescue Squad and other groups.

The USA Triathlon-sanctioned event is being put on by Set Up Events, which stages more than 90 triathlons per year, many of them in North and South Carolina and Virginia.

Benji Jones, race director of the Belews Lake event, lives in Greensboro and says he has always wanted to have a race at one of Greensboro's lakes. Belews Lake was the "next best option," Jones says. The lake is convenient to Greensboro, Winston-Salem and other central North Carolina cities. "Besides, it's a beautiful venue," Jones says.

The lake, which is owned by Duke Energy and provides cooling water for Duke's Belews Creek Steam Station, is expected to have a water temperature between 68 and 72 degrees on race day.

Although the race is far beyond their fitness limits of most people, Jones calls it a "beginner" triathlon, with no really challenging terrain. "For 90 percent of the people (participating), it will be their first triathlon," he says. And because the entire course covers a relatively small area, spectators will be able to see most of the race. "It's a fantastic venue for spectators. Everything is very close," Jones says.



Participants in the 2008 Belews Lake Triathlon prepare for the start of the event. Photo courtesy of Lee Adkins

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So far, 223 participants, ranging in age from 11 to 62, have signed up. Awards will be given for both male and female athletes in different age groups, as well as Athenas (women who weigh more than 150 pounds), Clydesdales (men weighing more than 200 pounds and younger than 40) and Master Clydesdales (men over 200 pounds and age 40 or older). Relay teams also will be allowed to participate.

In addition to many from North Carolina, people from as far away as California, Utah, New Hampshire and Puerto Rico also plan to participate.

This will be the second Belews Lake Triathlon. Last year's event



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drew about 175 participants, says Lee Adkins, controller at Carolina Marina.

When the marina staff was approached last year about holding the event, they thought it was a great idea, Adkins says.

"We want to try to get people out here," Adkins says. "Most people only think of us in summer, but we're open year-round."

The details

The Belews Lake Triathlon begins at 8 a.m. on Saturday, April 18, at Carolina Marina, 548 Shelton Road, Stokesdale. For more information or to register, visit [www.setupevents.com](http://www.setupevents.com), click on Events, then scroll down to the 4/18 Belews Lake Triathlon, or call Carolina Marina at 427-0498.

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