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## Clemson Spring Triathlon at Foothills Y today

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CLEMSON — The Clemson Triathlon, which represents the third race of the Palmetto State Triathlon Series, will take place beginning at 8 a.m. today at the Foothills Area Family YMCA.

Part of an 11 race triathlon series that spans the state, the PSTS offers a variety of course types, distances and difficulties for athletes that consist of beginners, middle of the packers and elite status.

The Clemson Triathlon, which features a 750-meter swim, 11 miles of biking and 3.1

miles of running, was added to the USAT Grand Prix Series earlier this year. The races in the Series were selected based on strict criteria that included sanctioning compliance, safety, quality and athlete support. The Grand Prix Series events will qualify the top 33 percent of each age group, or the Top 5, for USAT Nationals and participants are allowed to qualify in any series event. The Clemson event was again named the South Carolina qualifier for the Best of the US Championship.

Overall, between 400-500 individuals are expected to participate in the triathlon. The swimming portion marks the second open water swim in the PSTS season and wetsuits

will be allowed as water temperatures are expected to approach 75 degrees. The swim is held in Lake Hartwell along the Clemson Crew course and participants will be required to swim the 750-meter rectangular course in a clockwise direction.

The 11-mile bike course is a rolling course with one substantial climb that comes at Mile 2. The remainder of the course from that point will roll around rural country roads that will cross Lake Hartwell no less than three times. The first and last mile of the bike race is closed to traffic.

The run, which represents the third leg of the event, is completely closed to traffic and

will take runners into the Clemson Intramural area behind the Clemson Baseball Stadium. From there, runners will head back up the hill toward the Clemson Crew Shed and out onto the East Beach Dyke. Participants will be able to view the Clemson Skyline, including Death Valley, Littlejohn Coliseum, the Clemson Track facility and the Clemson campus, before making a gradual climb to the finish.

Aid stations will be spaced every three-fourths of a mile.

The Clemson Sprint Triathlon is considered to be one of the largest triathlons in the state and one of the higher point value events in the Palmetto State Triathlon Series.