

Subscribe - Home Delivery

Place a Classified Ad

Your Account

Contact Us

March 14, 2008 - Beaufort, South Carolina

bg beaufortgazette.com
The Beaufort Gazette

news.mcclatchy.com

News Sports Opinions Features Entertainment Vacation

Welcome Guest Login Register My Photos Blog Newsletters

Classifieds Cars Real Estate Jobs

Local News, Ads, Business Directory
Web Search powered by YAHOO! SEARCH
Search BeaufortGazette.com Archives

Triple threat

Parris Island Triathlon tests competitors with swim, bike and run



File | The Beaufort Gazette

Kevin Lisska runs the final leg of last year's Parris Island Triathlon. The swim, bike and run event will take place Saturday on Parris Island.

Published Fri, Mar 14, 2008 12:00 AM
By BRANDON PARKER
bparker@beaufortgazette.com
843-986-5536

For most, Saturday's Parris Island Triathlon sounds like a downright crazy way to spend a day off. But for the more than 500 expected participants, it's a pretty ordinary morning start.

Story Tools

E-Mail it | Print it | XML
BOOKMARK

Font Size: A A A

Comment

Also in this section

Local Sports

- Triple threat
- Prep roundup (March 14)
- Battery Creek unable to rally against Wade Hampton
- Wando drops Beaufort High again in playoff rematch
- Beaufort High wins four tiebreakers, nips Beaufort Academy

Competitors wash their faces during a 500-meter swim, stretch their legs through a 13-mile bike ride and use the 5K run as a brisk morning jog.

Of course, the stakes get a bit higher when you're racing against time.

"For those who really race it, you give it everything you've got for about an hour, and if you can talk while you're doing it, you're going too slow" said Eric Mitchell, who will be competing for the third time. "But there's a boatload of people who do it for fun and recreation, which has become the spirit of the triathlon."

This spirit will be on display beginning at 9 a.m. Saturday, when those ranging from 13 to 77 years old will test their mettle on the course at the Marine Corps Recruit Depot at Parris Island.

Awards will be go to those who record the three best times in each of the 22 categories, with the overall winner coming from the open division.

Homes - Real Estate - Rentals
Sponsor: Lowcountry Real Estate



Featured Property
138 North Harbor Drive
Lowcountry Real Estate

Hot Properties

- Fripp Island 3br/3ba, golf cottage on 17...
- 4 Bedroom 22 Thomas Sumter 3ba \$14003 Bedr...
- 31 Acres in Colleton Co. Close to I-95...
- 2Bd 1Ba for Sale Seabrook, SC. Call Darin...

Hot Rentals

- Downtown BFT. 1br/1ba \$600, wood floors...
- 110CoosawClub.com Lady's Isl. 4Br/2.5Ba...
- BATTERY PT., 4 Br/2.5 Ba, nice home 1, 2...
- Beaufort - Low Rate! 2BR/1BA, \$495/mo.+de...

Jobs - Careers - Employment

Sponsor:

Cars - Trucks - SUVs

Sponsor:

find a job

select a category View All

view all videos

Subway

Restaurant Manager Confidential

Executive Chef Hudsonas

Host, Servers, Cooks & Food Runners

Truffles Cafe

Outside Contractor

Powered by DMC

Great Restaurants

Need a new car?

▸ [More...](#) Last year, Kevin Lisska emerged victorious over 490 others with a time of 54 minutes and 6 seconds despite starting in the second heat of swimmers. Such a performance supports the belief of some that this sprint-distance triathlon is often won in the final two stages of biking and running.

"To me, since the swim takes longer with people starting at different times every 10 seconds, it seems that those who are most competitive are strong bikers and runners," race director Bill Brown said.

Strategies also might be changed by the rain showers expected Saturday in the Beaufort area. But that won't stop participants from putting to work their months of training for what will be the first of 11 events within the 2008 South Carolina Triathlon Series.

Plus, Marine Corps volunteers are spread throughout the course to provide extra motivation for competitors who already are surrounded by a wealth of camaraderie in this evolving sport.

"Triathlons have really come a long way since they became an Olympic sport in the 2000 Summer Olympics," Mitchell said. "Now you've got average joes like me out there trying to stay physically fit and having fun while we're doing it."

And after the last person has crossed the finish line that seemed so far away at outset, it's the evident sense of accomplishment that makes for the day's best rewards.

"My favorite part is when we hand out awards to the novice group," Brown said. "Just the look on their faces is the greatest. You can see how proud they are of what they've just done and that they're going to get hooked on this type of competition."

What: Parris Island Triathlon When: 9 a.m. Where: Marine Corps Recruit Depot at Parris Island

Comment on this
[No comments yet, be the first](#)

Most Popular Most Emailed Most Talked About

1. [Gerwing admits in suicide notes that he stole from Calverts](#)
2. [Chicken, possibly pancake, chains coming to Beaufort](#)
3. [Gerwing admits in suicide note he stole from Calverts](#)
4. [Owners of 10 Hunting Island cabins cited for sandbag violations](#)
5. [N.C. man buys lemon in Beaufort, vows never to return](#)
6. [County inmate walks off the job](#)
7. [Police doggedly investigate missing couple case](#)
8. [Two Dems gunning for Wilson's seat in Congress](#)
9. [Prominent Hilton Head couple disappear](#)
10. [Large home on New Street overcomes objections](#)

<p>Buy Stocks - \$4 Fee at No account or investment minimums. No inactivity fees. www.sharebuilder.com</p>	<p>Refinance and Save \$1,000S \$150,000 Mortgage for \$483/month. Compare up to 4 free www.pickamortgage.com</p>	<p>Fed Cuts Interest Rates Again Mortgage Rates Hit 26 Month Lows. Calculate Your New www.LowerMyBills.com</p>
---	---	---

Ads by Yahoo!

[Your Account](#) | [Privacy Policy](#) | [Parental Consent Form](#) | [Terms of Use](#) | [Contact Us](#) | Copyright © 2007 The Beaufort Gazette

VISIT **REAL Cities** SITES Visit the Carolinas: [Beaufort, SC](#) [Charlotte, NC](#) [Columbia, SC](#) [Hilton Head Island, SC](#) [Myrtle Beach, SC](#) [Raleigh, NC](#) [Rock Hill, SC](#)