



**BROWARD COUNTY COMMISSION
NEWS RELEASE**

Parks and Recreation Division • 950 N.W. 38th St., Oakland Park, FL 33309
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FOR IMMEDIATE RELEASE

Date: April 24, 2008
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A TRIATHLON – BUT IN REVERSE
- Tradewinds Park hosts second annual event -

WHAT: The typical race combination of swimming, bicycling, and running gets inverted for the **REVERSE TRIATHLON**, which gets under way at 7 a.m. on Sunday, May 18 at Tradewinds Park in Coconut Creek. The event starts with a three-mile run, followed by a 13.5-mile cycling race, and concludes with a 300-yard swim.

Proficiency in these three competitions isn't the only qualifier – athletes must also know how to race each stage to preserve energy and endurance for the subsequent stage. All U.S.A. triathlon rules will be in effect, and the field is limited to 200 athletes.

WHERE: Tradewinds Park
3600 W. Sample Rd., Coconut Creek
954-968-3880

WHEN: Sunday, May 18
7 a.m.

WHO: Field limited to 200 athletes.

HOW: Registration accepted at www.active.com through May 16. The fee is \$30/person before May 10, \$55/person after May 10.

For further information, call the park at 954-968-3880. The park's regular weekend and holiday gate entrance fee of \$1.50 per person (children 5 and under free) will be in effect.

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Individuals with disabilities requiring accommodations in order to participate in County programs, services, and activities must contact the Special Populations Section at 954-357-8170 or TTY 954-537-2844 at least 10 business days prior to the scheduled meeting or event to request an accommodation.