



PRESS RELEASE

Contact: Bob Yeatman, City of Rexburg
Phone: 208.359.3020 ext. 349
Email: rushtriathlon@rexburg.org

For Immediate Release – June 23, 2009

Are triathletes multi-taskers or superhumans?

On August 15, 450 people from all over the U.S. will be gathering in Rexburg, Idaho for the 8th annual Rush Triathlon. Starting at Rainbow Lake Campground, many of these athletes will submit themselves to the intermediate course of a one- mile swim, 24.8 mile bike ride, and a 6.2 mile run. Some will tackle this feat within two to three hours.

The Rush Triathlon is organized by the City of Rexburg's Recreation Department, with Race Director Michael Hays from Personal Best Performance. This event offers both a Sprint Distance and Intermediate Distance course. The Sprint course is a ½ mile swim, 14.2 mile bike ride, and 3.1 mile run.

Registration is open for this event. Avoid a \$15 late fee by registering before August 1. Registration is available online at ww.active.com or in person at Rexburg City Hall. Visit the official race website for all registration options and info; www.rushtriathlon.com. The Rush Triathlon is well known for its hilly courses and great swag. As part of the registration fee, all participants will receive a polyester race shirt, one free meal at the Potato Bake Dinner, a finisher medallion, swag bag from our sponsors, accurate race time through chip timing, bib and bike number, swim cap, organized and marked courses, transition stations with water, sports drink, fruit, energy gel, and port-a-potties, food and drink in runners' corral, limited one-way transport from Madison High School to Rainbow Lake Campground after the race, and a chance to win great door-prizes from our sponsors.

The courses are scenic and hilly. Prepare for up and downhill, along with a dirt trail on the run. Don't forget to check out the elk farm on your left when biking the Intermediate course.

This event has been made possible through the generous contributions from many local sponsors.

###