

GREENFIELD TRIATHLON

# Race is three times the fun



PHOTO BY DAN LITTLE

Competitors start out on the international course during the 38th Greenfield Triathlon last year on Nash's Mill Road in Greenfield.

## About 230 registered to compete

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The longest running triathlon in New England returns this weekend.

The 39th running of the Greenfield Triathlon will kick off at 8 a.m. on Sunday at the Green River Swimming Area, with 230 athletes from all over the country registered as of Friday to compete.

While it's been a rain filled summer in Franklin County, the current forecast calls for a sunny day on Sunday with near perfect conditions for the triathlon.

"It looks like we're going to have a nice day for it," Greenfield Recreation Director

Christy Moore said. "The forecast looks beautiful. It's so nice to be able to have an event where there isn't rain forecasted. It's uplifting. Last year it was super hot. It's looking like we might have a perfect day on Sunday."

Last year saw 227 participants in the triathlon, a number that went down once the swim portion of the triathlon was canceled due to high levels of bacteria in the Green River.

The water must be tested within 72 hours of the race, and it passed the test on Friday, meaning the full triathlon will be completed on Sunday.

While there are slight tweaks to the course, the main portion of the race will remain the same, with athletes competing in either the sprint or international event. Athletes can compete individually or in teams of two or three.

Those competing in the spring course will begin with a .31 mile swim down the Green River, exit the transition area and get on their bike, where they will travel 15.14 miles. Following the bike portion athletes will complete the 3.08 mile run to finish the triathlon.

The international course is the same as the sprint, just double the length. It begins with a .63 mile swim before going 30.28 miles on the bike and finishing with a 6.5 mile run.

Those slight changes on the course? The most obvious will be in the transition area, with the finish line set up closer toward the playground area at Green River Park. This is done so finishers can end the race closer to the stage where the award ceremony takes place.

The bike route remains the same for both

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## TRIATHLON FROM D1

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the international and sprint course, the international course being four laps while the sprint course is two laps.

The change comes in the running course for international racers. Instead of using the same bike course for the international run, the international run course will share part of the sprint course in order to provide a better race experience for both distances while also allowing more volunteers and water stops to be available for the runners.

The international run begins on Nash's Mill Road, heads onto Plain Road and follows that until it turns into Greenfield Road before turning around at the top of Eu-

nice Williams Road. Athletes then follow Green River Road back before turning onto Colrain Road before heading back down Nash's Mill Road to the transition area.

As of Wednesday 203 athletes were set to race. Athletes come from all ages, the oldest currently signed up being 74 years old while the youngest just 10 years old.

People travel from all over the country to participate, something Moore takes pride in.

"The numbers are growing," Moore said. "I keep having people tell me they're going to sign up. We have people coming in from California, Colorado, all over New England as always. It's great to see. It's pretty amazing that we have someone competing in nearly every age group."

The race is closing in on hitting its 40th running, with the triathlon continuing to be a summer staple in the area.

"Next year will be our 40th triathlon," Moore said. "It's amazing we've been doing this for almost 40 years now. It's one of my favorite events. Whether you're a spectator cheering along the course or volunteering with any aid station along the course, it's such a motivating and inspirational event. It's amazing what the human body can do when you train it."

If traveling through Greenfield on Sunday, be prepared that Nash's Mill Road and Eunice Williams Road will be closed from 8 a.m. until noon to accommodate the triathlon.