SUNY Oswego Triathlon Combines Fun and Fitness
April 3, 2013
By Ross Bentley

The Oswego State Sprint Triathlon is right around the corner. On April 27th at 10 a.m. students will try their wills at the event that combines running, biking, and swimming in a three part race.

“Triathlons are becoming more and more popular each year,” said Assistant Director of Campus Recreation Scott Harrison. “It is a great way for current and former athletes to maintain a high level of fitness. The cross training makes it more exciting and less monotonousness than just focusing on any one of the three activities.”

The word triathlon may seem daunting to some, but at this year’s event, student’s even with no experience are encouraged to participate. There are three different levels available for students. The team relay which sees the three different events completed in groups, the individual beginner sprint which has shorter distances for each of the three events, and the individual sprint, which is designed for season triathletes.

“Our sprint distances are geared towards beginners,” said Harrison. “If you are in good health and currently participating in regular cardiovascular exercise and have experience in swimming I am confident you can finish the beginner sprint. If you are not a swimmer, but like to run or bike that is not a problem. You can join the sprint relay and each teammate will complete just one portion of the race. As always the case if you begin a new exercise program you should consult with your primary care doctor or a trained medical professional.”

The swim portion of the event will take place in the Lee Hall pool, the biking portion will take place on stationary bikes in Lee Hall gym, and the running portion will be held outside on campus.

With the triathlon event being featured in the recent Summer Olympics of 2012, as well as the renewed emphasis on cardiovascular exercise, triathlons are soaring in popularity not only at Oswego but across the country. “Not everyone wants to lift weights or played organized sport,” notes Harrison. “The more variety the opportunities we can offer the students, the better chance everyone will find their stride in some healthy choice to stay fit.”

The Oswego Sprint Triathlon will be co-sponsored by Auxiliary Services who will provide food and beverages on race day. In addition, the winners of each of the three categories will receive medallions. T-shirts will also be given out at the event.
Online registration is currently being held on Imleagues.com. Register by Friday, April 19th at 4 p.m. to participate.