Inaugural triathlon to support Madras Aquatic Center youth programs

by Bend_Weekly_News_Sources

MADRAS, Ore. -- The Madras Aquatic Center invites all athletes from ages 14 and older to participate in the 2008 inaugural MAC Dash Sprint Triathlon on Saturday, September 6, 2008. Mountain View Hospital is proud to be the presenting sponsor for the MAC Dash, a brand-new event in Madras promoting healthy lifestyles. The MAC Dash is a fun and safe athletic event that will help support the Madras Aquatic Center and further promote youth swim programs.

Designed as a sprint distance event, the MAC Dash will take place entirely in Madras. The swim, bike and run courses will challenge athletes among the rolling countryside of Madras and the newest six-lane competition pool at the Madras Aquatic Center.

The triathlon is open to individual or team competitors appealing to both experienced or novice athletes. The race consists of 500-yard indoor swim, 12-mile bike and 3-mile run. The swim requires completion of 20 lengths of the 25-yard lap pool. Your estimated 500-yard swim time is needed to determine your race heat.

Each leg of the MAC Dash provides amazing views of the mountains and surrounding area.

The MAC Dash will begin at the Madras Aquatic Center, a premier facility that just opened in January 2008. Please visit www.macaquatic.com for more information.

The bike course begins and ends at the Madras Aquatic Center parking lot. The course leads the bikers through agricultural and quiet residential areas of Madras. The roads are wide and well paved. An ANSI/Snell approved helmet is required. Flaggers and volunteers will be at intersections along the racecourse. This course will not be closed.

Upon beginning the three mile run, competitors will head east past the Madras Aquatic Center and Jefferson County Middle School on another wide, well paved road. After one mile, the runners leave the pavement and run along a dirt trail that returns them to the Middle School track for the completion of the race. Beginning on July 12, eight-weeks of training sessions will be held at the Madras Aquatic Center.

Other participating sponsors include US Bank and Raven Research West. â€œWe are very excited to see a new event promoting healthy lifestyles and lifelong fitness hosted in Madras. Triathlons are one of the fasted growing sports in the country. Working together with our sponsors, athletes and volunteers will lead this race into a successful annual event,â€• says Dr. Suzanne El-Attar, Race Director.

The MAC Dash is limited to 200 entries in its first year. For more information and registration forms, go to www.rougemultilsport.com. To discuss the event, receive a course description, and inquire about training, contact the Madras Aquatic Center at 541-475-4253.

For sponsor information or to receive a sponsorship package, email Christine Smith at csmith@mvhd.org, or Suzanne El-Attar, MD at macdash@live.com.

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