



2025 Ulmstead Triathlon Registration!

Date: Monday, September 1st (Labor Day)

Time: 8:30am Kids and 9:30am Adults & Family

Location: Ulmstead Pool

This is a short course Triathlon, designed for first-time triathletes through experienced racers of all ages. We want to encourage lifelong exercise for all, so UCI members or Ulmstead Swim Team/Pool members are welcome to participate. This year we are expanding the number of divisions and adding courses to encourage greater participation, so there's something for everyone. Plus we will have some fun division prizes, so sign up now!

KIDS Triathlon:

Age 6-7: The youngest division is our "Guppies" division, for kids 6-7 years of age (or younger if they can swim 50 yards). It will consist of one lap in the Ulmstead Pool (two lengths = 50 yards), a one-mile bike, and .25 mile run. This is meant to prepare them for years of future triathlon fun. The course and division were designed to make it achievable for a young individual, but team participation is also permitted.

Age 8-10: Next is our "Sharks" division, for kids 8-10 years of age, with individual and team options open. This course consists of 4 laps (8 lengths) in the Ulmstead Pool (200 yards), an estimated 3-mile bike through Ulmstead, and 1 mile run from the pool to the beach and back.

Age 11-14: The “Teen” division also has individual and team options open. The course is also a swim in the Ulmstead Pool (200 yards), an estimated 3-mile bike through Ulmstead, and 1 mile run from the pool to the beach and back.

ADULT Triathlon: Designed for ages 15+ (with numerous individual and teams options available), this course consists of 10 laps (20 lengths/500 yards) in the Ulmstead pool, 9-mile bike through Ulmstead (3 laps), and a 3-mile run (1 lap of the bicycle course). For those only wanting to complete one segment, signup under the team category and note your teammates' names. If you don't have a team yet, note this in the team member field and we will match you up with other racers to form a team!

This year's adult course divisions include:

Men's 15-49 (Individual or Team)

Women's 15-49 (Individual or Team)

Master's 50+ Women (Individual or Team)

Master's 50+ Men (Individual or Team)

Mixed Gender Team (can be any combination of men & women of any age)

Family Team (any mix of ages or gender from the same household)

Post-Race Food Truck: There will be a food truck available at the pool for lunch after the race.

Registration: Please sign up early! It is a tremendous help to the volunteers and coordinators!

Entry fee \$30 per person, includes T-shirt, race, hydration drinks, kids medal, and division prizes. To receive a shirt you MUST, register by August 12th. All net proceeds will go to the Ulmstead Swim Team.

Volunteers Needed: We need timers, set-up crews, course safety personnel, and transition helpers. To volunteer or if you have questions please contact:

Marina Anglim @ 240.678.8650 or marinaanglim@gmail.com

Jenn Womble at @ 717.875.9050/ womble.jenn@gmail.com