



Friday, May 17, 2013

## Lions to host first Harvard triathlon

by Erin Fay

On Sunday, June 30, the Harvard Lions Club will host its first Bare Hill Triathlon. The race will consist of a half-mile swim in Bare Hill Pond followed by a brief .2 mile jog to the bike area. Then participants will bike for 10.5 miles before finally running 3.2 miles to the finish line. This triathlon is considered a 'sprint triathlon,' which is shorter than the 'Olympic triathlon' or the even longer 'Ironman.' The Harvard Lions Club has planned this event as a healthy way for the community to raise money for numerous worthy causes.

### **Residents and teams welcome**

This is the first time Harvard has hosted an event like this, and the Harvard Lions Club hopes it will become an annual tradition. The club has targeted 300 entrants and set a cap of 500. Based on early registration, they are optimistic about their goal. The Lions anticipate that most of the entrants will be triathletes from outside Harvard, but they would like to encourage local residents with no triathlon experience to enter, reminding them that they can enter as a team with each team member completing one leg of the race. They further mention that no special training is needed. As long as the entrant is "in good health and reasonably fit," he or she should have no trouble completing the triathlon.

The Harvard Lions Club has enlisted the help of F.I.R.M.—the largest producer of triathlons in the northeast—to assist in registration, promotion, timing of the race, announcing and posting of race finishers and times, as well as providing all needed equipment and supplies. The triathlon is also a USA Triathlon (USAT) sanctioned race. More than 40 local businesses have agreed to sponsor the event, including Whitney Lane Farms, Basnett Plumbing, and KOKO Fit Club. These sponsors will provide cash, merchandise, and/or gift certificates while the Harvard Lions Club will promote these businesses every chance they have.

Ben Landry, a Harvard resident and student at St. Lawrence University in New York, was one of the first people to sign up for the event. He heard about the event through his father, Harvard Lions Club member Chris Landry. Though the 2010 Bromfield graduate has participated in several sports, this will be his first triathlon. When asked what motivated him to sign up, he explained, "One of my buddies actually challenged me. He said, 'You gonna do the triathlon this summer?' And I said, 'I don't know, are you gonna do it?' So, we agreed to do it together." Landry plans on supplementing his usual workout by practicing his swimming and biking. "I'll be swimming every other day after work to prepare for that. As far as biking goes, I'm going to be using one of my dad's old road bikes to practice."

### **Registration now open**

Those like Landry who are interested in entering can register online now or at the race on June 30, as long as there is room. The cost is \$70 plus the USAT fee of \$12. Team registration costs \$80 plus an additional \$12 USAT fee for each member. Each person registered will receive a 'Bare Hill Triathlon' T-shirt. The registration area, staging area, and finish lines will be on the grounds of the Harvard Public Library. At 8 a.m., the triathlon will begin. Pond Road as well as the beach will be closed until 11 a.m. for this event.

Triathlon planners anticipate the fastest swim times to be in the 7-8 minute range, the fastest bike times to be just over 30 minutes, and the fastest running times to be about 18 minutes.

Winners will be divided into male or female as well as age divisions of 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. Whoever wins first in each age division will receive a medal, one or two local products, and a gift certificate. The second place winner in each age division will receive a medal, a local product, and a gift certificate, while the third place winner in each age division will receive a medal and a local product. Teams are also eligible to win prizes. Each winning team member will receive a medal as well as additional prizes including local products and gift certificates.

### **Rewards not all material**

However, the rewards of competing are not all material. The money raised by this event will go to the Lions Club, which helps support those in need through direct donations as well as through various charity organizations. Additionally, a portion of the proceeds will go to Harvard resident Dylan Connelly and his family. Connelly, a young father of three small children, is seriously ill with brain cancer. The Lions ask that if you are unable to run the race, that you at least come and support the Connelly family with your presence.

For more information, visit [www.barehilltriathlon.com](http://www.barehilltriathlon.com) or contact Sue Reedich at [Reedich@charter.net](mailto:Reedich@charter.net) or Bob Kinnee at [rkinnee@charter.net](mailto:rkinnee@charter.net). Interested sponsors should contact Kinnee or Laurie Cardosi ([cardosi@charter.net](mailto:cardosi@charter.net)). To register for the race, go to [www.firm-racing.com](http://www.firm-racing.com).

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