



2016 ESCAPE FROM ALCATRAZ TRIATHLON FACT SHEET

DESCRIPTION:

The world's top athletes will take over the streets and waters of San Francisco to compete in the 2016 [Escape from Alcatraz™ Triathlon](#). Featuring a 1.5-mile swim from Alcatraz Island, an 18-mile bike ride through the Presidio and an picturesque 8-mile run, this race is considered one of the most iconic triathlons in the sport. In addition to cheering on triathletes from more than 50 countries, spectators will enjoy the weekend long free Fitness Festival featuring health products, services, giveaways, food and more.

THE COURSE:

The 2016 Escape From Alcatraz™ Triathlon commences with a plunge into the waters off the coast of Alcatraz Island. Triathletes, divided by age, will jump from the deck of the Hornblower's San Francisco Belle. The swim concludes at Marina Green Beach adjacent to the St. Francis Yacht Club. Upon climbing out of the water, athletes will switch to running shoes for the half-mile warm-up run to Marina Green.

Mounting their bikes at Marina Green, triathletes will start the 18-mile ride heading west to Crissy Field via Marina Blvd. Cyclists then travel through the Presidio and up the hill to the Palace of the Legion of Honor Museum. Riders will loop through the streets of San Francisco, and past several city landmarks, along the Great Highway, through Golden Gate Park and return to Marina Green for the transition to the run segment of the event.

On tired legs, triathletes will begin the eight mile run to the Baker Beach Battery by leaving Marina Green heading west to Crissy Field, turning right to run along the shoreline of the Golden Gate Promenade and under the Golden Gate Bridge. From there, runners will battle the trails within the Presidio Headlands, the Coast Trail to Lincoln Blvd. and run above the coastal bluffs until they arrive at Baker Beach. Upon arrival at the beach, participants will encounter the deep sand and notoriously dreaded 400-step Sand Ladder. Athletes will then cross back under the Golden Gate Bridge and return to sea level to reach the finish line at Marina Green.

DATE/HOURS:

Saturday, June 11

Free Fitness Festival & Athlete Registration: 11 a.m. – 6 p.m.

Sunday, June 12

Race: Begins at 7:30 a.m.

Estimated Leader Finish: 9:30 a.m.
Awards Ceremony: 12 p.m.
Free Fitness Festival: 6:30 a.m. – 2:30 p.m.

RACE SCHEDULE

Sunday, June 12, 7:30 a.m. – 1 p.m.

4:30 – 6 a.m. Buses depart Marina Green. Triathletes are loaded onto the boats
7:30 a.m. First swimmers hit the water
7:55 a.m. First swimmers depart the water. First cyclists start the bike course
8:30 a.m. Last swimmers depart the water
8:45 a.m. First cyclists arrive at Marina Green bike finish line. First runners start run
9:06 a.m. Last cyclists start the bike course
9:25 a.m. First runners to Marina Green finish line
10:40 a.m. Last cyclists finish course. Last runners start run
11:45 a.m. Awards ceremony begins
1:00 p.m. Last runners to Marina Green finish line

LOCATION:

Marina Green, San Francisco, Calif.

PARTICIPANTS:

2,000 individual triathletes/relay teams; the world's top professional triathletes including 2016 Escape from Alcatraz Triathlon Champion Eric Lagerstrom; six-time Escape from Alcatraz Triathlon Champion Andy Potts, 2015 Beijing International Triathlon Champion Lauren Goss; Rio-bound Olympians Joe Maloy, Ben Kanute and Katie Zaferes.

CLASSES:

Professional: Men and Women

Amateur: Men and Women – Ages: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 85-89

CEO Challenge

Actellion Corporate Challenge

Challenged Athletes – Deborah Bevilacqua, Dave Heeley, Mohamed Lahna, Alan Shanken and Willie Stewart

Collegiate Challenge – University of Colorado Boulder, University of Texas and University of California, Berkeley

RECENT PAST CHAMPIONS:

2015: Eric Lagerstrom and Ashleigh Gentle

2014: Andy Potts and Sarah Haskins

2013: Javier Gomez and Heather Jackson

2012: Andy Potts and Leanda Cave

2011: Andy Potts and Nicky Samuels
2010: Hunter Kemper and Leanda Cave
2009: Andy Potts and Mary Beth Ellis
2008: Andy Potts and Leanda Cave
2007: Andy Potts and Leanda Cave
2006: Matt Reed and Becky Lavelle
2005: Hunter Kemper and Susan Williams

COURSE RECORDS:

2004: Simon Lessing 1:54:41
2004: Michellie Jones 2:08:54

COURSE MAP:

www.escapefromalcatraztriathlon.com/race-information/the-course

SPONSORS:

Official sponsors include [Actelion](#), [blueseventy](#), [Cytomax](#), [HOKA ONE ONE](#), [Hornblower Cruises & Events](#), [Muscle Milk](#) and [Sierra Nevada](#).

EVENT ORGANIZERS:

The Escape from Alcatraz Triathlon is owned and produced by IMG with race direction provided in part by Premier Event Management.

MORE INFORMATION:

Website – www.escapefromalcatraztriathlon.com
Facebook – www.facebook.com/escapealcatraztri
Twitter – www.twitter.com/escapealcatraz
Instagram – www.instagram.com/escapealcatraztri
Hashtag – #escapealcatraztri

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