



33RD ANNUAL 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 one of the most prestigious triathlons in the world, the 33rd annual Escape from Alcatraz™ Triathlon. Featuring a 1.5 mile swim from Alcatraz Island to the shore, an 18-mile bike race and an 8-mile run through San Francisco, this race is considered one of the most difficult triathlons in the world. In addition to watching top triathletes from more than 34 countries compete, spectators will enjoy the weekend long free Fitness Festival and Expo with more than 40 booths exhibiting the health and fitness industries latest products and services, food and more.

THE COURSE: The 2013 Escape From Alcatraz™ Triathlon commences with a plunge into the icy cold water off the coast of Alcatraz Island. Triathletes are divided into several heats by age and sex and will jump from the deck of the boats with a one-minute time differential between the professional and amateur classes. 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, through Golden Gate Park, along the Great Highway 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 into 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 the 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, March 2**
Athlete Registration: 11 a.m. – 6 p.m.
Free Fitness Festival and Expo: 11 a.m. – 6 p.m.

Sunday, March 3
Race: Begins at 7:30 a.m.
Awards Ceremony: 11:45 a.m.
Free Fitness Festival and Expo: 6:30 a.m. – 2:30 p.m.

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RACE SCHEDULE: Sunday, March 3, 7:30 a.m. – 12:30 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. Last cyclists start the bike course
8:45 a.m. First cyclists arrive at Marina Green bike finish line. First runners start run
9:25 a.m. First runners to Marina Green finish line
10:30 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.

ENTRIES: 2,000 individual triathletes/relay teams, including the world's top professional triathletes including Andy Potts, Matt Reed, Brian Fleischmann, Leanda Cave, Sarah Groff and more.

TRIATHLON CLASSES:

Professional: Men and Women
Amateur: Men and Women – Ages: 16 & Under, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-79
Corporate Challenge
Challenged Athletes
Open Relay

PAST CHAMPIONS: 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

SPONSORS: Official sponsors include Muscle Milk, Cytomax, Babson College, Sierra Nevada, Hornblower Cruises & Events, TriBike Transport and San Francisco Recreation & Parks; media sponsors include Inside Triathlon, San Francisco Examiner, SF Weekly and Brightroom Photography.

EVENT

ORGANIZERS: The Escape From Alcatraz™ Triathlon is owned and produced by IMG Worldwide with race direction provided in part by Premier Event Management.

FOR MORE

INFORMATION: Website – www.escapefromalcatraztriathlon.com
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