



34TH 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 world's most prestigious triathlons, the 34th annual Escape from Alcatraz™ Triathlon. Featuring a 1.5 mile swim from Alcatraz Island to the shore, an 18-mile bike ride through Golden Gate Park and an 8-mile run through San Francisco, this race is considered one of the most difficult triathlons in the sport. In addition to watching top triathletes from more than 45 countries compete, spectators will enjoy the weekend long free Fitness Festival and Expo with more than 40 booths exhibiting the industries latest health and fitness products and services, food and more.

THE COURSE: The 2014 Escape From Alcatraz™ Triathlon commences with a plunge into the water off the coast of Alcatraz Island. Triathletes are divided into several heats by age and sex and will jump from the Hornblower's San Francisco Belle with a one-minute time differential between each wave including 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 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 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, May 31**
Athlete Registration: 11 a.m. – 6 p.m.
Free Fitness Festival and Expo: 11 a.m. – 6 p.m.

Sunday, June 1
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.

RACE SCHEDULE: **Sunday, June 1, 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
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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 2012 IRONMAN World Champion Pete Jacobs and 2013 IRONMAN Champion Mirinda Carfrae, five-time Escape from Alcatraz Triathlon champion Andy Potts, Olympian Greg Bennett, 2013 Escape from Alcatraz champion Heather Jackson, Olympian Matt Reed, four-time Escape from Alcatraz Triathlon champion Leanda Cave and more.

TRIATHLON CLASSES:

Professional: Men and Women
Amateur: Men and Women – Ages: 16-19, 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: 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

SPONSORS: ASICS is the official footwear and apparel sponsor. Additional official sponsors include Muscle Milk, Cytomax, Babson College, Sierra Nevada, Hornblower Cruises and Events and Tribike Transport.

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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