

ETSU

TRIATHLON

Things to know about the ETSU Triathlon program...

- **We will be competing in five races this fall (2016) – starting September 5th and ending the first weekend in November.**
- **Training will occur six days a week and will include swimming, biking, running, and weight lifting.**
- **ETSU will provide a race bicycle, a wetsuit, a Garmin watch, and all other equipment necessary for competing.**
- **The NCAA race format will consist of a 750-meter swim, a 20k bike, and a 5k run. The biking portion will be draft legal.**
- **For additional information, please contact head coach Janine Pleasant at pleasantjr@mail.etsu.edu**