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## Escape from alcatraz swim run

Escape from Alcatraz triathlon

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Escape from Alcatraz is the name of two different triathlons stored in California's San Francisco Bay Area. The escape from Alcatraz originated in 1981 as a private club event that began in San Francisco and ended in Marin County. The race split in 1983 with a separate commercial event open to the public, which is now an aquathlon (dropped in the cycling section of the traditional triathlon) will take place on a shorter course entirely through San Francisco. [1] However, the new public triathlon, also known as Escape from Alcatraz, is now operated by IMG. The original Escape from Alcatraz Triathlon First Escape from Alcatraz was proposed by Joe Oakes after he participated in the 1979 Ironman Triathlon in Hawaii. The first escape from alcatraz races was held two years later in June 1981, with members of the Dolphin Club testing the course. The course began with a swim from Alcatraz Island in the middle of San Francisco Bay to the city of San Francisco, cycling through the Golden Gate Bridge to Mill Valley in Marin County and running through Tamalpais Mountain to Stinson Beach and back. The running course took place after the Dipsea foot race course, but, by making it an out-and-back ride rather than a one-way course, became known as Double Dipsea. Over the years, the course has remained the same and celebrated its 35th anniversary in 2015. Participants can only be members of the Dolphin Club and South End Club. Dolphin Club is the host and sponsor of the event. [2] Escape from alcatraz triathlon (IMG) The annual public escape from the Alcatraz triathlon organised by IMG is now taking place in early June. The current course consists of a mile and a half (2.4 km) of swimming, starting near Alcatraz Island, a mile and a half (0.80 km) from the bay to the transition zone of Marina Green, eighteen miles (29 km) of cycling and eight miles (13 km) of cycling. The run part includes a notorious section called a sand ladder at mile five, climb from Baker Beach back to the road, which is a combination of sand and about 400 uneven log steps. In 2009, about 1700 participants participated in the event. The entry is a lottery process for most slots and the rest is through qualifications that are performed through a good rank in the previous Escape from Alcatraz, or in four other triathlon races held over the past year. Although the record is through the lottery, they prefer previous participants. One exception to the June period was when the Americas Cup sailing event arrived in the Bay Area. The transition to combat has led to colder than normal conditions (swim) and harder flooding than usual on the date. The effect of this was an increase of 3 times the number of swimmers rescued from the water, much more than usual was pulled out and transported to shallow water. They were allowed to continue the event and receive medals for the finish. Escape from Alcatraz triathlon was ranked as the number one triathlon inside Triathlon Magazine in 2006. [quote required] Notes ^ About Alcatraz Aquathlon & Swim Archived 2007-05-04 at Wayback Machine, based on an article written by Katherine Vaz in the 1983 summer edition of Triathlon Magazine, opened April 11, 2007 ^ External Communications Event Site Retrieved from The Swimming/Run Escape Aquathlon event will take place on Saturday, June 6, at 7 p.m., the day before the legendary Escape from Alcatraz triathlon in San Francisco, California. Similar to the triathlon's truly iconic start, aquathlon will see athletes leap from Hornblower's San Francisco Spirit Yacht to launch their 750m swim (the triathlon is a 2.4km swim), before exiting the water at St. Francis Yacht Club and running over Little Marina Green. Heading west towards Crissy Field and looping back into Warming Hut to complete their Escape Aquathlon at Marina Green. Racing organizers, IMG, believe that the new swimming/run short-course race is designed to give more athletes the chance to experience the thrill of the famous Alcatraz triathlon and add a new challenge to those who want to test themselves before the triathlon. The triathlon was first hosted in 1981 as a private club event at the Oakes Dolphin Club in San Francisco Bay and has since been welcomed by tri superstars Greg Welch, Paula Newby-Fraser, Simon Lessing, Leanda Cave and Javier Gómez for their sale of the field to pro and age group athletes. The triathlon includes a 2.4km swim, a 29km bike at Golden Gate Park and a 12.8km run that includes the infamous sand ladder. Aquathlon registration for age groups will be open on Tuesday 18 February at 5am UK time. The registration fee will start at \$295 per person and there are only 400 athletes. Go to www.escapealcatraztri.com/aquathlon more. Four years ago I signed up to do a triathlon with The Team Challenge. At that time, I had no idea what a triathlon was. I made one intermediate distance race before being hooked and progressing to longer distances and other types of endurance races. At that time, said that I would never do a marathon, never do ironman and really I never did the Alcatraz triathlon. Those things seemed unnecessarily crazy. Over the years, however, I did a couple of marathons, eventually a couple of Ironman 70.3s, and finally the entire distance of Ironman—everything I said I would never do because I didn't think I could. More: Should You Have An Ironman Triathlon? When my boyfriend Scott and I crossed the finish line at Ironman I thought I would feel different; I thought I'd have a great sense of emotion, falling on my knees crying, dancing up and down like a freak, something. None of these things happened. Either I got completely out of it that day, or I just knew that I earned the finish during my training, and eventually realized Ironman wasn't as hard as I thought. There is only one thing left: I had to sign up for Escape from Alcatraz. My biggest problem was swimming. On the one hand, swimming from the background of running and cycling is a huge challenge for me. On the first day as a triathlete I tried to avoid putting my head in the water at all. Sharks and seals don't scare me. It's cold, and the san francisco bay water is anything if not cold. I'm a girl who refused ice skating as a child, because I've always been in the bathroom, using a hand dryer to stay warm. MORE: The Science Behind How Your Body Reacts to Cold Water, but when I found out I made a lottery escape from Alcatraz I knew it was supposed to be and now was the time to face my fears. Countdown to Alcatraz on my phone stared at me every day, telling me to get into the pool; go to open water practice. But I couldn't do it. I often miss the Team Challenge open water swimming practice on weekends, coming up with pretty lame excuses as to why I couldn't go. I sailed all three times leading into this race while running more than 200 miles and cycling over 1,200. Not very balanced training schedule. The race weekend has finally come. At the show, I met Pete Jacobs buying a T-shirt and snapped a few shots with her future husband Andy Potts. That was great! Then came the mandatory meeting of athletes. My nerves and anxiety suddenly started kicking. I had never had so much anxiety before the race. The race director got much worse when he asked if everyone watched the informative videos and everyone raised their hands except me. A way to prepare a Cat. MORE: Mental mindset Multisport Latest news 2021 Escape from Alcatraz triathlon course \* No emergency stations or bottle exchange bikes knownWIMThe Escape from Alcatraz triathlon begin at 7:30 a.m. to plunge from San Francisco Belle into icy cold water near Alcatraz Island. Participants shall be unloaded in less than 8 minutes. It's quite a rush when you take a jump from the ferry for a 1.5 mile swim. Triathletes exposed to strong currents and a water temperature of 55 degrees. Recommended wetsuits and hoods. Swimming decoration is at Marina Green Beach next to and west of St. Francis Yacht Club. WARM-UP RUNUpon exiting the water at Marina Green Beach, triathletes move into the mini-crossing area, where they have the ability to dry up and put running shoes on a half-mile warm-up run at Marina Green. This run will take them near St. Francis Yacht Club, South on the Little Marina Green, and east marina blvd sidewaik in the main transition area of Marina Green.BIKEMounting on their bikes at Marina Green, triathletes will begin an out-and-back 18-mile ride heading west toward Crissy Field via Marina Boulevard. They will ascend to Lincoln Blvd. through Presidio to Camino del Mar. They will come uphill and make it difficult on the right to turn on Clement Street and ride west on Seal Rock Drive. They will be a sudden down left turn to 48th Street and then right turn west on Point Lobos Drive and drive south from the Great Highway to Golden Gate Park. Triathletes will enter Golden Gate Park on John F. Kennedy Drive on Martin Luther King Jr. Drive. They will then turn left on the crossbar and turn the other left turn to John F. Kennedy Drive and drive back to the Great Highway on the north side of the park. After going north on the Great Highway, they will follow the course back to Marina Green to get on the run. Triathletes risk disqualification by preparing and transferring the offer to the left of the demarcated cones. Runon's tired legs, triathletes will begin an 8-mile run into the Baker Beach Battery leaving Marina Green running west toward Crissy Field at Fort Point below the Golden Gate Bridge. From Fort Point they battle the Presidio Headlands up and under the Golden Gate Bridge through the tunnel and onto the coastal trail. Runners will operate near the coastal defense battery (Gunnery Locations from the beginning of the century) until they reach Lincoln Boulevard just past Battery Dynamite. They parallel Lincoln Blvd. on a narrow runway above the coastal Bluffs to Baker Beach, where they return to the shore below. They will face the deep sand of Baker Beach to the turning point and back until they reach the terrible sand ladder (400 steps to the cliff). This experience will drain even the feet of the best specialists. Runners are encouraged to use a hand cable to help them walk up the stairs. Stairs are run, every current and waves are to swim. After reaching the top of the sand ladder, runners will walk to the left of the coastal path and return to the finish line through Lincoln Blvd. Runners will follow their way back under the Golden Gate Bridge, pass Crissy's field and finish on the grass at Marina Green in between cheering fans. Swim 8:30(1 hours after launch) - Those who can't make a 1-hr swim off-off will be picked up and brought to shore where they can continue the race. Bike 10:30 (3 hours after launch)Run 1:00pm (5.5pm after launch)

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