



SUNDAY 11/18/18

6TH ANNUAL CAPT HIRAMS TRIATHLON RIVER CHALLENGE

Calling All Cow Bells!



Grab your whistles, noise makers, and even a cow bell and cheer on the brave and amazing athletes competing in our 6th Annual Capt Hiram's Triathlon River Challenge!

There are great location spots to see each leg of the race and your encouragement really helps to keep the athletes moving and pumped up!

MEDIA CONTACTS

Media opportunities | Runners | Interviews | Photo setup
Check in at **Information Booth** by 7:00am for details and setup areas for max coverage.

Racers: 203 racers | ages 10 years - 74 years young

Race Director | Sam Vash | svash@hirsams.com

SWIMMERS

¼ MILE | 400 meters
The swim course takes place in the Indian River Lagoon off of Capt Hiram's property

BEST TIME TO WATCH
7:30am

BEST VIEWING AREAS
Capt Hiram's Marina

BIKERS

12 miles | 19 kilometers
The bike route begins and ends at Capt Hiram's Resort

BEST TIME TO WATCH
8:00-8:30am

BEST VIEWING AREAS
US 1: Capt Hiram's Hotel
US 1: Sebastian Chamber

Indian River Drive:
Capt'n Butchers

RUNNERS

3.1 miles | 5 kilometers
The run takes place on Indian River Drive along the scenic route of Sebastian's Riverfront

BEST TIME TO WATCH
8:30-9:30am

BEST VIEWING AREAS
Sebastian Chamber
Capt Hiram's

ANYWHERE
on Indian River Drive

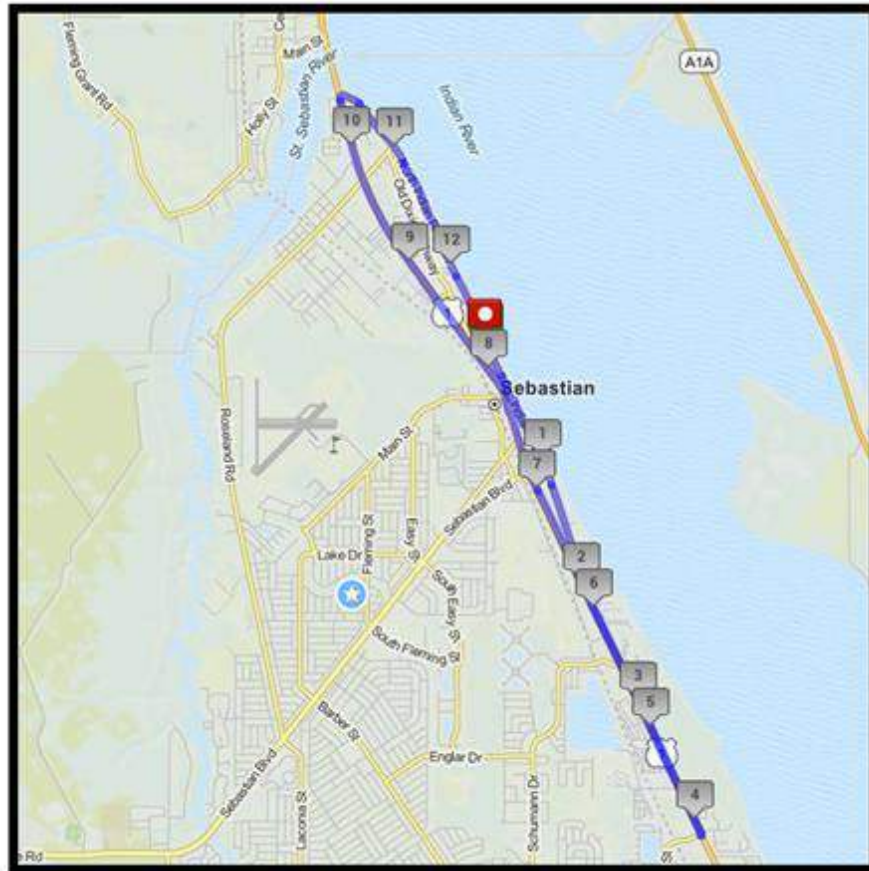


Swim Route





Bike Route





Run Route

