



Overview

Paddle, bike, run. Take on the challenge as an individual in a kayak or grab your friends and compete in a relay team of two or three on a SUP. The Dry Tri subs out swim caps and goggles for kayaks/stand-up paddleboards. Competitors will begin the race with a 1.25 mile sit-on-top flatwater kayak (relay teams will use stand-up paddleboards) around Sadler Island on the Catawba River. Following the paddle is an 8 mile mountain bike ride (bike provided by participant) and a 5 mile run through the Whitewater Center's trail System.

Event Details

- Sunday, September 4th, 2022 at 8:00am
- Distance— 1.25 mile flatwater paddle, 8 mile mountain bike, 5 mile trail run
 - ◆ Note: There is a 1/3 mile dirt/gravel run between the paddle leg and transition area. An older pair of running shoes are recommended, but not required for this brief running section.
- Registration will be capped at 80 individuals and 80 relay teams
- Individuals will be racing on flatwater kayaks and teams will be racing on stand-up paddleboards
 - ◆ Teams will select one team member to participate in each leg
- Kayaks and stand-up paddle boards are provided by the Whitewater Center
- Mountain bikes must be provided by the participant