




# Introduction - The sport of triathlon



Triathlon is a continuous endurance activity comprised of three of the world's more popular participation sports: swimming, cycling, and running. Participants first swim a set distance in a lake, ocean or a pool, then bike a set distance and finish with a run. The time between each activity – called the “transition” – is also timed as part of the race, creating a continuous contest. Introduced in the early 1970's in California, the sport traces its roots to the Hawaiian Ironman™ Triathlon held each year in Kona, Hawaii. The Ironman is a rigorous endurance test consisting of a 3.8 km swim, 180 km bike, and a marathon run (42.2 km).

The sport has changed a great deal since the 1970's. Today, there are over six million athletes participating worldwide, the bulk of participants are average folks. A unique aspect of the sport allows for amateur athletes of all abilities to participate side by side with world leading professionals. The sport of triathlon offers a variety of set distance competitions including, the Olympic distance: 1.5 km swim, 40 km bike, and 10 km run, up to the Ironman and beyond. The Ironman 70.3 event is emerging as a popular distance: 1.9 km swim, 90 km bike, and 21.1 km run.

In Canada, triathlons covering all distances are staged across the nation — from grassroots charity events to international caliber races. In fact, in 1992 Canada hosted the World Championships in Muskoka, ON, while Drummondville, QC, Whistler, BC, and Corner Brook, NF have each hosted World Cup events. The annual Ironman™ Canada triathlon held in Penticton, BC, attracts more than 2,000 athletes each year and is one of the most renowned long-distance races in the world. Ironman 70.3 events are held in Newfoundland, Muskoka and now... Calgary. It is estimated that nearly 50,000 Canadians compete in a triathlon each year.

Triathlon	
<ul style="list-style-type: none"><li>• Triathlon is an activity that combines swimming, cycling, and running in one event.</li><li>• The three sports are performed consecutively (one after the other) with no breaks.</li><li>• The portion of a triathlon where athletes change from one sport to the next is called a TRANSITION. It is often called the 4<sup>th</sup> leg of triathlon.</li></ul>	<p><b>Swim</b> </p> <p><b>Bike</b> </p> <p><b>Run</b> </p>

# Philosophy and Benefits of Triathlon

Triathlon is not just a sport, it's a way of life. Training and a healthy lifestyle become part of a triathlete's everyday routine and this usually connects them socially with likeminded people.

The sport of triathlon offers the opportunity for both children and adults to develop physically, emotionally, and socially by fostering attributes such as:

- healthy living habits
- proper nutrition
- adequate rest
- physical activity
- friends
- social support
- comradeship
- positive self image
- self-confidence
- sportsmanship
- improved health
- competitiveness
- self reliance
- self improvement
- achievement

## Triathlon philosophy

Triathlon emphasizes respect for all people. It does not matter if you are first, last, or in the middle. In multisport events, everyone who makes the effort to reach the finish line is a winner. People from different countries, cultures, and regions compete together and learn to honour all people, worldwide.

The triathlon family of events is inclusive. Anyone can participate in a multisport event. It's the people in triathlon that make the sport unique and fun. There are people from aged five to over 80 years in triathlon events. Participants enjoy the challenge of testing their skills, endurance, and mental toughness. In fact, it is a perfect family sport.