

From: Tara Michaels [<mailto:tara@golara.org>]
Sent: Saturday, July 26, 2008 11:06 PM
Subject: Swim Times and Bike Route

Hi future and seasoned triathletes,

The big day is only three weeks away!!! I hope your training is going well and you are on your way for your personal best.

I am writing to remind you to submit/update your swim time if you have not already done so. Seed times have been listed on www.lewisburgtriathlon.com for your review. I have received several updated times but I still missing a few. You don't want to miss being seeded correctly, so if necessary please email me your correct swim time by August 8.

Due to scheduled road work on our previous bike course, we have had to make a change in 2008. The new course can be found online at www.lewisburgtriathlon.com and the roads have been marked. The mileage has remained approx. the same however I am getting mixed reviews about the difficulty of the new course. Some say it is harder and some say it is easier, so I really don't know what to tell you. There is a significant and long incline at about mile 1, but nothing too major from there out. In my opinion, I like this course better because it avoids major roads, has areas to pick up speed and has the hill at the beginning. I will warn you, this route seems to be much more fragrant...you city folk will gain an appreciation for the country!

That's all for now. I will be sending another email soon with race day details.

Have a great rest of the summer and see you soon.

Tara Michaels