



## **2017 ESCAPE FROM ALCATRAZ TRIATHLON FACT SHEET**

### **DESCRIPTION:**

The world's top athletes will take over the streets and waters of San Francisco to compete in the 2017 [Escape from Alcatraz™ Triathlon](#). Featuring a 1.5-mile swim from Alcatraz Island, an 18-mile bike ride through the Presidio and a picturesque 8-mile run, this race is considered one of the most iconic triathlons in the sport. In addition to cheering on triathletes from more than 50 countries, spectators will enjoy the weekend long free Fitness Festival featuring health products, services, giveaways, food and more.

### **THE COURSE:**

The 2017 Escape From Alcatraz™ Triathlon commences with a plunge into the waters off the coast of Alcatraz Island. Triathletes, divided by age, will jump from the deck of the Hornblower's San Francisco Belle. The swim concludes at Marina Green Beach adjacent to the St. Francis Yacht Club. Upon climbing out of the water, athletes will switch to running shoes for the half-mile warm-up run to Marina Green.

Mounting their bikes at Marina Green, triathletes will start the 18-mile ride heading west to Crissy Field via Marina Blvd. Cyclists then travel through the Presidio and up the hill to the Palace of the Legion of Honor Museum. Riders will loop through the streets of San Francisco, and past several city landmarks, along the Great Highway, through Golden Gate Park and return to Marina Green for the transition to the run segment of the event.

On tired legs, triathletes will begin the eight-mile run to the Baker Beach Battery by leaving Marina Green heading west to Crissy Field, turning right to run along the shoreline of the Golden Gate Promenade and under the Golden Gate Bridge. From there, runners will battle the trails within the Presidio Headlands, the Coast Trail to Lincoln Blvd. and run above the coastal bluffs until they arrive at Baker Beach. Upon arrival at the beach, participants will encounter the deep sand and notoriously dreaded 400-step Sand Ladder. Athletes will then cross back under the Golden Gate Bridge and return to sea level to reach the finish line at Marina Green.

### **DATE/HOURS:**

#### **Saturday, June 10**

Free Fitness Festival & Athlete Registration: 11 a.m. – 6 p.m.

#### **Sunday, June 11**

Race: Begins at 7:30 a.m.

Estimated Leader Finish: 9:30 a.m.

Awards Ceremony: 12 p.m.

Free Fitness Festival: 7 a.m. – 2:30 p.m.

### **RACE SCHEDULE**

Sunday, June 11, 7:30 a.m. – 1 p.m.

4:30 – 6 a.m. Buses depart Marina Green. Triathletes are loaded onto the boats

7:30 a.m. First swimmers hit the water  
7:55 a.m. First swimmers depart the water. First cyclists start the bike course  
8:30 a.m. Last swimmers depart the water  
8:45 a.m. First cyclists arrive at Marina Green bike finish line. First runners start run  
9:06 a.m. Last cyclists start the bike course  
9:25 a.m. First runners to Marina Green finish line  
10:40 a.m. Last cyclists finish course. Last runners start run  
12 p.m. Awards ceremony begins  
1 p.m. Last runners to Marina Green finish line

**LOCATION:**

Marina Green  
Fillmore & Marina Blvd., San Francisco, Calif.

**PARTICIPANTS:**

2,000 individual triathletes/relay teams; the world's top professional triathletes including 2016 IRONMAN 70.3 World Champion and 2016 Escape from Alcatraz Triathlon Champion Holly Lawrence; six-time Escape from Alcatraz Triathlon Champion Andy Potts; 2016 XTERRA World Champion Mauricio Mendez; Rio Olympians Ben Kanute, Greg Billington, Katie Zaferes, Flora Duffy, Paula Findlay, Erin Densham and Barbara Riveros; and more.

**CLASSES:**

Professional: Men and Women  
Amateur: Men and Women – Ages: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 85-89  
CEO Challenge  
Actelion Corporate Escape  
Challenged Athletes – Jamie Brown, Mohamed Lahna, Willie Stewart and Mark Barr  
MUSCLE MILK® Collegiate Escape – University of Colorado Boulder, University of Texas and University of California, Berkeley

**RECENT PAST CHAMPIONS:**

2016: Joe Maloy and Holly Lawrence  
2015: Eric Lagerstrom and Ashleigh Gentle  
2014: Andy Potts and Sarah Haskins  
2013: Javier Gomez and Heather Jackson  
2012: Andy Potts and Leanda Cave  
2011: Andy Potts and Nicky Samuels  
2010: Hunter Kemper and Leanda Cave  
2009: Andy Potts and Mary Beth Ellis  
2008: Andy Potts and Leanda Cave  
2007: Andy Potts and Leanda Cave  
2006: Matt Reed and Becky Lavelle  
2005: Hunter Kemper and Susan Williams

**COURSE RECORDS:**

2004: Simon Lessing 1:54:41  
2004: Michellie Jones 2:08:54

**COURSE MAP:**

[www.escapealcatraztri.com/race-information/the-course](http://www.escapealcatraztri.com/race-information/the-course)

**SPONSORS:**

Official sponsors include [Actelion](#), [CYTOMAX®](#), [HOKA ONE ONE](#), [Hornblower Cruises & Events](#), [MUSCLE MILK®](#), [TYR](#) and [Sierra Nevada](#).

**EVENT ORGANIZERS:**

The Escape from Alcatraz Triathlon is owned and produced by IMG with race direction provided in part by Premier Event Management.

**MORE INFORMATION:**

Website – [www.escapealcatraztri.com](http://www.escapealcatraztri.com)

Facebook – [www.facebook.com/escapealcatraztri](http://www.facebook.com/escapealcatraztri)

Twitter – [www.twitter.com/escapealcatraz](http://www.twitter.com/escapealcatraz)

Instagram – [www.instagram.com/escapealcatraztri](http://www.instagram.com/escapealcatraztri)

Hashtag – #escapealcatraztri

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