



35TH ANNUAL 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 35th annual [Escape from Alcatraz™ Triathlon](#). Featuring a 1.5-mile swim from Alcatraz Island to the shore, an 18-mile bike ride through the Presidio and an 8-mile run through San Francisco, this race is considered one of the most difficult triathlons in the sport. In addition to watching top triathletes from more than 40 countries compete, spectators will enjoy the weekend long free Fitness Festival featuring health products, services, giveaways, food and more.

Several legends of triathlon are set to race this year to celebrate the 35th anniversary of this iconic race. Two-time IRONMAN Champion and 1989 Escape from Alcatraz Triathlon Champion Scott Tinley will take to the frigid waters of San Francisco Bay alongside a handful of past champions including eight-time Escape from Alcatraz Triathlon Champion Michellie Jones, two-time Escape from Alcatraz Triathlon Champion Peter Lewandowsky, Terri Schneider and Lester Waddel, to once again attempt the impossible – ESCAPE from Alcatraz Island.

THE COURSE:

The 2015 Escape From Alcatraz™ Triathlon commences with a plunge into the water off the coast of Alcatraz Island. Triathletes are divided into several heats by age and sex and 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, through the Presidio, along the Great Highway 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 Baker Beach 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 6

Athlete Registration: 11 a.m. – 6 p.m.

Meet & Greet with Escape from Alcatraz Triathlon Past Champions: 1:30-2:30 p.m.

Pro Athlete Meeting: 4 p.m.

Free Fitness Festival: 11 a.m. – 6 p.m.

Sunday, June 7

Race: Begins at 7:30 a.m.

Estimated Leader Finish: 9:30 a.m.

Awards Ceremony: 11:45 a.m.

Free Fitness Festival: 6:30 a.m. – 2:30 p.m.

RACE SCHEDULE: Sunday, June 7, 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
11:45 a.m. Awards ceremony begins
1:00 p.m. Last runners to Marina Green finish line

LOCATION: Marina Green, San Francisco, Calif.

PARTICIPANTS: 2,000 individual triathletes/relay teams, including see more than 20 of the world's top professional triathletes including three-time IRONMAN Champion Mirinda Carfrae, six-time Escape from Alcatraz Triathlon Champion Andy Potts, 2014 Beijing International Triathlon Champion Ashleigh Gentle and more. Also racing to celebrate the triathlon's 35th anniversary are eight-time Escape from Alcatraz Champion Michellie Jones, 1984 Champion Lester Waddel, 1987 and 1988 Champion Peter Lewandowsky, 1990 Champion Terri Schneider and 1989 Champion Scott Tinley.

CLASSES: Professional: Men and Women
Amateur: Men and Women – Ages: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-79, Challenged Athletes
Babson Corporate Challenge Relay and Open Relay

RECENT PAST CHAMPIONS:

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

LIVE COVERAGE: USL.TV will provide live streaming race coverage, hosted on www.escapefromalcatraztriathlon.com, including expert commentary and insight from, nine locations along the course.

SPONSORS: Official sponsors include [Babson College](#), [blueseventy](#), [Cytomax](#), [Hornblower Cruises & Events](#), [Muscle Milk](#), [Sierra Nevada](#), [Vin Vault](#) and [TriBike Transport](#).

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.escapefromalcatraztriathlon.com, Facebook – www.facebook.com/escapealcatraztri, Twitter – www.twitter.com/escapealcatraz, Instagram – www.instagram.com/escapealcatraztri
Hashtag – #escapealcatraztri

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