

TOI races towards Super Sprint Triathlon

Swim 200 m, Cycle 8 km, Run 2.5 km, Win 3 lakh

Team TOI

Triathlon, the world's fastest growing sport which involves swimming, cycling and running, is arriving for the first time in Gujarat. The Times of India-Sawya Swaraaj Super Sprint Triathlon will be flagged off at the Sports Club of Gujarat in Ahmedabad on Sunday, April 20.

The Rs 3 lakh prize money is in keeping with our focus on quality events that encourage fitness in the youth. Team TOI has organized highly successful soccer tournaments for school children and seniors where our associate sponsors have altogether pooled in almost Rs 1 crore into football in the last two years.

Though triathlons across the world cover various distances, this one will have a unique format never attempted in India so far - 200 meter swimming, 8 km cycling and 2.5 km running performed back to back. Spearheading this initiative is ace long-distance runner Lihass Trivedi and his city-based firm, LS Sports Management.

Trivedi says it was by accident that this sport was created about 40 years ago by a few runners who were looking for means of cross-training which is necessary for injury prevention in athletics. Today, the triathlon has grown into a popular Olympic sport (1500 m. swim, 40 km cycle, 10 km run). The distances prescribed for the Ahmedabad race are closer to the triathlon super sprint which will be an Olympic sport in 2016.

"The idea is to give athletes in Gujarat an approachable, distance-friendly introduction to the sport and hold races of international quality," says Lihass. He has teamed up with Kimberly Shah, a top American triathlete at the World Championships. A sponsored endurance athlete who has raced all over the world, Kimberly is a triathlon and marathon master trainer. "This super sprint triathlon is a great way to introduce the sport to Gujaratis. For those who want to try it out, it is a very reasonable distance, says Kimberly who regularly competes in the 'Ironman' events where distances are much greater. Those uncertain about how to prepare for such an event, can register for the training program.

For questions, registration form and other information about this event, you can go to www.issports.in. The Times of India-Sawya Swaraaj Super Sprint Triathlon will allow a maximum of 500 participants.



Kimberly Shah

