Article Side

What You Need to Know About the Austin Marathon and Austin Triathlon

by William Hauselberg

Article published on April 9th 2012 | Travel

Marathon and Half Marathon Information

Mark your calendar: the next Austin Marathon and Half Marathon will take place on February 17, 2013, and you don't want to miss it. The marathon's courses are certified by USA Track & Field, and they go through Austin's most scenic and historic areas. The shaded course is 90 percent asphalt and has approximately 28 turns. The 26.2-mile course ends on Congress Avenue near the Texas State Capitol Building. The starting point is at 16th Street and Congress Avenue. Set your alarm early that day: the race begins at 7 a.m. Central Standard Time.

Don't worry about getting bored during the Austin Marathon; over 30 local Austin bands are on hand for your motivation and entertainment. Spectators also line the course to cheer you on. Gatorade and water stations are available for runners once every mile. If you want a snack, though, you'll have to wait till you hit the finish line. Restrooms and medical stations are also available approximately every mile throughout the course. Once you finally cross the finish line, you'll get a medal, a drink, some snacks and your very own photo opp. Don't miss the awards ceremony, which takes place at 5th Street and Congress Avenue at 10:30 a.m.

Triathlon Information: TriRock Austin

The next Austin Triathlon (known as TriRock Austin) is scheduled to take place on September 3, 2012. The Olympic-distance course for the relay event includes a 1500-meter swim, 40-kilometer bike ride and a 10-kilometer run. Whew! If you are looking for something slightly less strenuous, the sprint course is a 700-meter swim, 27-kilometer bike ride and a 5-kilometer run. The Olympic distance requires three laps biking and two laps running. The sprint distance is two laps biking and one lap running. Water temperatures in early September are normally between 76 and 78 degrees, so get your wetsuit ready. Start times begin at 7 a.m. for Olympic-distance entrants and at 8:45 for the sprinters, staggering the times by five minutes for each age group.

Awards are given for the Austin Triathlon in three categories: Olympic Distance, Olympic Distance Relay and Sprint Distance. There's $5,000 in prizes available also, so start training now. At the finish line, you'll be greeted by a carnival with free food and drink for participants and for purchase by spectators. Athletes receive a T-shirt, hat and goodie bag upon check-in, and after completion of the triathlon, they'll be presented with a medal and a souvenir bike bottle.

Article Source:
http://www.articleside.com/travel-articles/what-you-need-to-know-about-the-austin-marathon-and-austin-triathlon.htm - Article Side

William Hauselberg - About Author:
The author has an immense knowledge on a Austin Marathon. Know more about a Austin Triathlon related info in his website.

Article Keywords:
Austin Marathon, Austin Triathlon

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!