



SMALL TOWN, BIG BEACH™

**For Immediate Release:**

April 16, 2019

**Contact:**

Hanna Dean  
Marketing & Communications  
Coordinator  
hdean@gulfshoresal.gov  
(251) 968-4301 – office  
(251) 979-8020 - cell

**Gulf Shores Swim Team announces Youth Phinman Triathlon**

Gulf Shores, Ala – April 16, 2019 – The City of Gulf Shores and Gulf Shores Swim Team is excited to announce the upcoming Youth Phinman Triathlon scheduled for Saturday, May 25, at the David L. Bodenhamer Recreation Center. The Phinman Triathlon will consist of two separate races and age groups: PhinmanXL and PhinmanJR.

The PhinmanXL is open to children ages 10-14. This race will consist of a 100 yard swim, 2.8 mile bike ride and 0.83 mile run. The PhinmanXL will begin at 8 a.m.

The PhinmanJR is open to children ages 6-9. This race will consist of a 50 yard swim, 1.8 mile bike ride and 0.4 mile run. The PhinmanJR will begin at 8:45 a.m.

All participants must bring a bike and helmet for the cycling portion of the event.

The cost to participate in the triathlon is \$40 for early registration and \$50 for race day registration. All proceeds from the triathlons will benefit the Gulf Shores Swim Team.

For more information about the Youth Phinman Triathlon and to register online, visit [www.gulfshoresal.gov/triathlon](http://www.gulfshoresal.gov/triathlon) or contact the Bodenhamer Recreation Center at 251-968-9819.

###