



35th Annual Memphis in May Triathlon Facts

- The first MIM Triathlon was held in 1983.
- The 35th Annual Memphis in May Triathlon is May 19-21, 2017.
- MIM Triathlon is one of the oldest continuous running triathlon events in the United States.
- MIM Triathlon international distances includes: 1.5K/.93 mile swim, 40K/24.8 mile bike and 10K/6.2 mile run.
- MIM Triathlon has been held in five locations since it began: Shelby Forest, Herb Parsons Lake/Shelby Farms, Lakeland/Shelby Farms, Tunica, MS, and Edmund Orgill Park in Millington.
- MIM Triathlon returned to Edmund Orgill Park in 2015 after four years in Tunica.
- Edmund Orgill Park/Millington has hosted 23 MIM Triathlons (including 2017) and is now considered “home” for future MIM Triathlon events. With its natural amphitheatre looking down on the transition area and finish line, Orgill Park’s layout is ideal for spectators watching the triathlon.
- Memphis in May Triathlon was voted “Race of the Year” for its class in Olympic international distance races by Colorado-based USA Triathlon (USAT) in 1997. USAT is the governing body for triathlons.
- This recognition established MIM Triathlon as one of the nation’s best organized, attended and respected races in the country.
- *Triathlete* magazine’s Editor’s Choice deemed MIM Triathlon “100 Best Races in the U.S.”
- MIM Triathlon is unique in that it has a time-trial swim start which starts individual racers three seconds apart. The staggered start helps make the swim portion a bit less treacherous and keeps down the pack formation on the bike portion.
- MIM Triathlon is also distinguished for its history of advocating and strictly enforcing the “drafting” rule. (Cyclists draft when they ride behind a competitor, turning the competitor into a shield from the wind.)
- MIM Triathlon attracts a very competitive field of athletes as well as middle and back of the pack folks. Many athletes compete in MIM Triathlon for their first triathlon experience.
- MIM Triathlon is known as a “clean race” among triathletes for enforcing USAT rules.
- The sport of triathlon became a medal sport in the Olympics in 2000.
- Average age of a triathlete is 40 years.
- Participation by women in the sport of triathlon has grown from 20% in 1982 to 39% in 2016.