



FOR IMMEDIATE RELEASE
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CONTACT: Pam Routh, Race Director
(901) 550-2114 / pamrunsraces@gmail.com

The 37th Annual Memphis in May Triathlon and Sports Expo Celebrates Memphis's Bicentennial at Edmund Orgill Park May 18-19

The 37th Annual Memphis in May Triathlon will celebrate Memphis' 200th anniversary on May 18-19 during post-race parties for the Sprint and Olympic race events. Race organizer **P.R. Event Management** has rounded up Bluff City favorite **MEMPOps** to create a special all natural handcrafted popsicle just for the party. Other local southern favorites will be served up by South Main Street's **City Block**, **McAlister's Deli** sweet tea and chocolate chip cookies, **Prairie Farms** Chocolate Milk and Mike Snack Bars, and **Flat Hat Ale** from Memphis' newest local brewery, **Tail Hook Brewery**, which plans to open a brick and mortar location in Collierville in September. Of course, it wouldn't be a Memphis event without Elvis shaking it up for each runner as they cross the finish line, and **Jeff Sass returns again to commemorate the King in honor of Memphis' Bicentennial**.

This year, spectators, friends and family of triathletes are invited to join in the festivities by purchasing a **\$10 wrist band to attend the post-race party** which entitles them to eat, drink and make merry along with the triathletes at the race site at Edmund Orgill Park in Millington, Tenn. **Post-race party tickets can be purchased at the race site until they are sold out.**

Pam Routh, race director, expects **more than 650 local, regional and national triathletes and fitness enthusiasts from across the Mid-South** at this year's events. Participants will vie for **finisher medals and trophies** presented to **the first, second and third place winners** in each age category. A **\$5,000 Amateur Challenge prize purse** will be paid to **the top 15 male and female athletes who participate in both the sprint and Olympic triathlon events**. The Challenge consists of the lowest total combined time. **The Amateur Challenge prize ceremony will be at noon on Sunday during the Olympic race after party.**

Proceeds from the events will benefit Edmund Orgill Park improvements. Previous years' proceeds helped purchase park benches for the park.

Triathlon events kick off on Friday, May 18 with the Sports Expo, registration and packet pick up from 3 p.m. to 7 p.m.

Open Water Swim Clinics will be offered at **Casper Lake** on the Memphis in May Triathlon swim course giving athletes an opportunity to improve their performance before the races begin. **Jewish Community Center swim coach Danny Fadgen will teach the Friday, May 18 clinic at 4 p.m.,** and **YMCA swim coach Kelsey McDonald will teach the Saturday, May 19 clinic at noon.** A practice swim-the-course open to all participating event triathletes will follow the clinics both days.

The MIM Sprint Triathlon begins at 8 a.m. on Saturday, May 18. A sprint triathlon is a short-distance triathlon ideal for competitors who are new to the sport because it requires less training. It consists of a 1/3-mile swim, a 12-mile bike ride and 3-mile run. **Post-race party for athletes is from 9 a.m. to 11 a.m. Sports Expo and packet pickup for the Olympic Triathlon continues 9:30 a.m. until 2 p.m.**

The 37th Annual Memphis in May Olympic Triathlon begins at 7 a.m. on Sunday, May 19. The triathlon includes swimming .93miles (1.5 K) in Casper Lake, biking 24.8 miles (40K) around Edmund Orgill Park and a 6.2-mile (10K) run. **Post-race party for athletes and Amateur Challenge awards is from 9:30 a.m. until 2 p.m.**

Community support for this year's events comes from the Shelby County Conservation Board, Edmund Orgill Park, City of Millington, Millington Chamber of Commerce, Millington Police Department, the Millington Naval Air Station Moral, Welfare and Recreation Department and the Shelby County Sheriff Department.

Sponsors for the 37th Annual Memphis in May Triathlon and Sports Expo include: West Cancer Center; Dr. Tom Ratliff; Jimmy Reed Marx-Bensdorf Realtors; Crews Realty; Homer Skelton Chrysler Dodge Jeep Ram of Millington; The Peddler Bike Shop; McAlister's Deli Millington; Flat Hat American Ale; Prairie Farms Dairy; Renthrop Geater; Raceway Millington; Memphis Health & Fitness magazine, Blair Parker Design; Build Peak Compete Coaching; Blue Sky Couriers; Bike Law.

For information on sponsorships, to be a Sports Expo vendor or to volunteer for the event, visit pr-eventmanagement.net or contact Pam Routh at (901) 550-2114 or pamrunsraces@gmail.com.

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