



FOR IMMEDIATE RELEASE  
February 6, 2023  
[pamrunsraces@gmail.com](mailto:pamrunsraces@gmail.com)

CONTACT: Pam Routh, Race Director  
(901) 550-2114 –

[www.pr-eventmanagement.net](http://www.pr-eventmanagement.net)

## **P.R. Event Management Announces 2023 Triathlon Season** ***This Year an AquaBike Race is Introduced at MIM Triathlon***

For area sports enthusiasts who have begun their training for the 2023 triathlon season, **P.R. Event Management** will stage **three triathlons** this year with the addition of two **AquaBike** races at the **40<sup>th</sup> Annual Memphis in May Olympic and Sprint Triathlons**. **Presenting sponsor for this year's season is Dr. Thomas Ratliff. Silver sponsor is Prairie Farms???????**

**AquaBike**, a **swim-bike** race, is essentially a trimmed-down triathlon that has been reduced by a third through eliminating the running portion from the race. AquaBike is an ideal non-impact format for individuals who can't or don't want to do the running portion of a triathlon.

**Relay teams** as well as individual triathletes are encouraged to start training now for a winning finish. The season kicks off with the **Memphis in May Olympic and Sprint Triathlons and AquaBike** races at **Shelby Farms May 13 and 14**. On **June 24**, the **Annie Oakley Sprint and Super Sprint Triathlons and the Buffalo Bill Wild West Sprint and Super Sprint Triathlons at Shelby Farms** will give seasoned triathletes an opportunity to continue their summer training and provide newcomers to the sport a chance to try something new. Finishing up the season is the **Dragonfly Sprint Triathlon at Sardis Lake on August 26**.

### **40th Annual Memphis in May Triathlon Sports Weekend**

**May 13 & 14, 2023 – Shelby Farms Park, Memphis – Hyde Lake**

**Olympic Triathlon 6:30 a.m. Saturday, May 13** (.93 mile swim, 24.9 mile bike, 6.2 mile run)

**Olympic AquaBike 6:30 a.m. Saturday, May 13** (.93 mile swim, 24.9 mile bike, 6.2 mile run)

**Sprint Triathlon 6:30 a.m. Sunday, May 14** (1/3 mile swim, 12 mile bike, 3 mile run).

**Sprint AquaBike 6:30 a.m. Sunday, May 14** (1/3 mile swim, 12 mile bike, 3 mile run).

**7<sup>th</sup> Annual Annie Oakley & Buffalo Bill Wild West Sprint and Super Sprint Triathlons**

**Sat., June 24, 2023 - 6:30 a.m. – Shelby Farms Park, Memphis – Trapp Lake**

All women's sprint and super sprint triathlons and all men's sprint and super sprint triathlons. First event begins at 6:30 a.m. and the others follow back-to-back all on the same day.

**Women's and Men's Super Sprint Races** (1/4 mile swim, 8 mile bike, 2 mile run).

**Women's and Men's Sprint Races** (1/2 mile swim, 16 mile bike, 4 mile run).

**32nd Annual Dragonfly Sprint Triathlon**

**Sat., Aug. 26 at, 2022 - 8 a.m. – Cypress Point on the Lower Lake at Sardis Reservoir**

On the sandy white beach at Cypress Point, this race is a perfect for newbies to the sport of triathlon by participating in any of the three relay legs of the race. (1/2 mile swim, 18 mile bike, 4 mile run).

***Register for any of the upcoming events produced by P.R. Event Management at [www.pr-eventmanagement.net](http://www.pr-eventmanagement.net) or contact Pam Routh at (901) 550-2114 or [pamrunsaces@gmail.com](mailto:pamrunsaces@gmail.com).***