

# Jake's Triathlon Set For April 30, 2016

The quaint south coast of St Elizabeth becomes active on Saturday April 30, 2016 as the gun goes off to mark the 21st staging of the Jake's Off Road Triathlon.

Elite and amateur athletes alike demonstrate high enthusiasm because of the event's unique combination of friendly competition with laid back participation. This year under the theme "You Never Know Unless You TRI", Jake's seeks to capitalize on the increased number of patrons who have entered running events over the past 2 years in the pursuit of a healthier more active life.

"The triathlon has always been the perfect way to showcase all that Treasure Beach has to offer while raising funds towards the development and sustainability of Treasure Beach and the surrounding community," said Jason Henzell, Chairman of the BREDS Foundation.

Jake's Triathlon is the oldest in the Caribbean and has been rated as one of the 5 best triathlons worldwide by Triathlete Magazine. The event features a 300M swim along the Great Bay coast, 25K off-road ride through the rugged hills and a 7K run through the winding trails .

Persons who are interested in registering for the event as a team or individually are encouraged to visit their Facebook page or website <http://www.jakeshotel.com/get-active/triathlon> for more information.

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For more information, please contact:

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*Participants line up at 6am for the start of The Jake's Triathlon*



*Participant exiting the water into the transition point for the 25K ride.*







*2015 Female Individual Winner Emily Smith*

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