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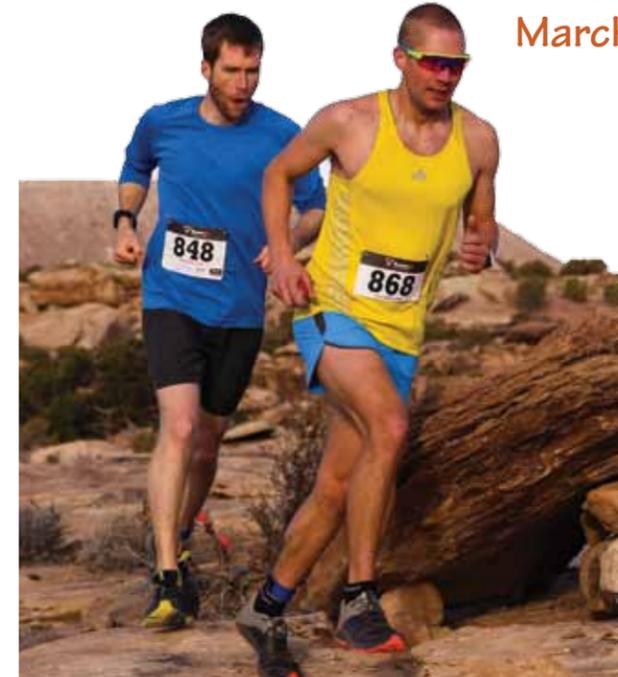
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Section B

February 2019

## “Tri Du-ing” it the Moab Way!

March 1<sup>st</sup>- 3<sup>rd</sup>, 2019



Moab’s fourth annual **Spring Trail Run and Off-Road Triathlon/ Duathlon** will be on March 1st - 3rd, 2019. This is the first year of the Triathlon, which includes a Friday night swim at the Moab Aquatic Center followed by the Off-Road Duathlon on Saturday morning at the North Klondike Bluffs Trails. Swimmers may participate in the swim-only portion of the race. The duathlon consists of an 8k trail run followed by a 13k mountain bike ride. On Sunday there will be a Trail Half Marathon or 8K. Participants can race as a solo, where they participate in each or all the events, or as a team where one person runs and then tags-off to their team’s biker.

Moab has long been a destination for both runners and bikers for its stunning and unique scenery. In the past, bikers and runners had to share the trails with motorized vehicles. A few years ago the Grand County Trail Mix began building superb trails for non-motorized use. They put Moab even higher on the “must-go” destination list for endurance athletes. The Off Road Duathlon is match made in heaven for these folks.

The race features trails in the North Klondike area. Local race director and multisport athlete Danelle Ballengee



expects to see the race grow quickly and potentially become a championship event.

The run course features the Dinosaur Stomping Ground Track; a foot-travel only trail that goes by an actual dinosaur track site. This trail combined with the ‘Mega-Steps Trail’ were built by Trail Mix and our local chapter Paleontology Members and the Sierra Club. The area is what paleontologists call the “Dinosaur Dance Floor”. We expect participants will enjoy “dancing” on this beautiful and unique trail! The bike course features the “Newab” or New-Moab style trails: super-fun singletrack mixed with slickrock, red dirt, and scenic views. This course has the scenery that has put Moab on the map combined with the superb new trails!

Race organizers are excited to offer the three-day event in 2019, allowing more for more participants the opportunity to experience the course and participate in the sport of their choice. These scenic and fun races are a great way to start off the season.

Those interested in participating are invited and may find more information or sign up at [www.moabraces.com](http://www.moabraces.com). Organizers are looking for a few more helpers for the smooth running of the event. Contact Nellie if interested at [danelle22@msn.com](mailto:danelle22@msn.com) or 970-389-4838. And be sure to mention that you read about in *Moab Happenings*.

