

WIN for KC Women's Triathlon presented by Garmin
Saturday, July 29 at Smithville Lake

Please note: roads will be closed for this charity triathlon

KANSAS CITY, MO (July 25, 2017) – The WIN for KC Women's Triathlon & Duathlon presented by Garmin will take place this Saturday, July 29 in Sailboat Cove at Smithville Lake. Approximately 700 women from 15 states will compete in this event, which has become the premier women's triathlon in the Midwest. It is also a major WIN for KC fundraiser with 100% of the proceeds allocated towards supporting the mission of igniting the lives of girls and women through advocating and promoting the lifetime value of sports and fitness, while providing opportunities for participation and leadership development.

For over a decade, women have banded together at Smithville Lake to participate in this positive, empowering and encouraging race. WIN for KC is proud to announce a few changes to the 2017 race:

- The triathlon course will feature a brand new bike route offering beautiful views of Smithville Lake.
- In response to feedback from past participants, registrants now have a "run-bike-run" option and may compete in a Duathlon (1.5-mile run, 10-mile bike, 5k/3.1-mile run).
- An Athena division (based on USAT Competitive Rules and that is comprised of any female athlete weighing a minimum of 165 pounds) was added to allow women meeting this criteria to race against each other and place outside of the designated age groups.
- A "Most Improved Triathlete Award" (based on 2016 & 2017 results) will be presented.

This race was designed to create a safe and supportive atmosphere for all participants in hopes that they push their athletic and emotional boundaries. One third of the athletes in this race have never participated in a triathlon or duathlon before. First-time triathlete and mother of twins, Lindsay Podrebarac, has taken the opportunity to share her triathlon training journey through social media. In Podrebarac's final message to her fellow triathletes, she encourages and inspires each participant to *"step into your fears and show them who's boss. And in those moments of self-doubt, call on your WHY power to push you to the finish line."* You can view all of her video diary entries on the [WIN for KC Why DU I TRI page](#).

The race would not be possible without the support of over 2,500 guests, 300 volunteers and the backing of the Smithville community. Please note the roads in the Smithville area that will be closed Saturday, July 29 from 7:30 – 11:00 AM:

- Paradise Road
- Highway W from NE 192nd Street to Highway C
- Eastern Road
- NE 192nd Street

For more information about the WIN for KC Women's Triathlon and Duathlon, please visit www.winforkcitri.org.

About WIN for KC

The Women's Intersport Network for Kansas City (WIN for KC), was established in 1994 under the umbrella of the Greater Kansas City Sports Commission, with the mission to ignite girls and women through advocating and promoting the lifetime value of sports and fitness, while providing opportunities for participation and leadership development. WIN is a volunteer, membership-driven organization that operates as a program of the Kansas City Sports Commission and Foundation. For more information, visit WINforKC.org. For the latest on WIN for KC news, follow on [Twitter](#), [Facebook](#) and [Instagram](#).

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