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VI Triathlon Federation to Host First Race Since Covid-19 Pandemic

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The Virgin Islands Triathlon Federation will host a multi-sport event this Sunday at 7:00 a.m. on St. Croix's South Shore Road — the first racing event since February.

In accordance with the V.I. Dept. of Health's suggested guideline for hosting events, masks/face coverings and social distancing are a must, the federation said in a release issued Wednesday.

Participants are required to wear a mask until the race has officially begun, then will be asked to cover again upon completion of the event.

The Island Hopper's Race is a run/bike, leap-frog race, which starts and finishes at the former Cafe Kaleidoscope (Rte 62 & Rte 624). Since this is a two-person team event, participants are asked to choose a friend or family member within their "bubbles", according to the release. Part of the

loop course will take racers over the graveled Spring Gut Rd., so it's advised to use a mountain, gravel or hybrid bike. Helmets must be worn.

The leap-frog style of the race will place both teammates on the starting line together: one on a bike, one on foot. Both teammates will cover the same ground and will arrive at Transition 1, where the one on the bike will drop the bike and start running, while the runner picks up the bike and starts riding. The rest of the race goes in that format. Race Director, Theresa Harper, commented on the design of the race, "The race is more about strategy than ability. Well, it's really more about fun! Each team has to share one bike so there are several factors to consider, like seat height, types of pedals to use, who will run/ride first, etc. Choosing a teammate of similar ability and height is the key."

The 8-mile course will be divided into four legs of approximately 2 miles each leg. There will be three transition locations where a member from each team will drop off a bike, while the other teammate will pick up the bike. Water and hand sanitizer will be available at each transition station, according to the release.

Race-day registration will take place from 6:15am-6:45am at the former Cafe Kaleidoscope. For more information, please call 340-513-2707.

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