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## **SportsCare to Hold Education Fair, Early Sign-Up for Women's Biathlon**

SPRINGFIELD – Memorial's SportsCare will hold an education fair and early sign-up event in July for its third annual women's biathlon later this fall.

The early sign-up for the biathlon will be held from 11 a.m. to 1 p.m. Saturday, July 17, at SportsCare at 100 Chatham Road in Springfield.

Women will be able to talk to several experts to help them prepare for the Sept. 12 biathlon, including R&M Cyclery for bicycle questions, the Springfield Running Center for questions about athletic clothing and shoes, and SportsCare for nutrition and training questions. Dr. Daniel Adair, founding physician of SportsCare, will speak on "How to be Happy in a Multisport" at 12:30 p.m.

All participants at the education fair can register to win a free Garmin Forerunner, a sports watch with global positioning system technology.

Online registration is now open at [SportsCareWomensBiathlon.com](http://SportsCareWomensBiathlon.com). The education fair and early sign-up will be the last day for participants to take advantage of a \$5 discount off the registration fee.

"Our annual biathlon is an exciting opportunity to promote wellness and exercise to women of all ages," Stacy Curtis, SportsCare's senior physical therapist and the biathlon's co-race director, said. "It aligns with Memorial's mission to improve the health of the people and communities we serve."

The biathlon, which will feature a 20-kilometer bike ride and a 5-kilometer run, is a unique noncompetitive event designed for beginners and seasoned athletes alike, Curtis said. The event includes a relay option, in which one participant completes the bike portion of the event and their

partner finishes the run. Not only is preparing and participating in an athletic event like the biathlon more fun when you train with someone else, she said, but it's also a great way to help decrease health risks for diabetes and heart disease.

USA Triathlon, the sanctioning authority for more than 2,000 diverse events ranging from grass-roots to high-profile races nationwide, has sanctioned September's biathlon. A family health and fun fair, which will feature activities for children, will begin a half-hour after the biathlon starts at 8 a.m.

Volunteers are needed for the biathlon. For more information about the sign-up event or the biathlon, call (217) 862-0444 or visit [SportsCareWomensBiathlon.com](http://SportsCareWomensBiathlon.com).

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