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SportsCare to Hold Third Annual Women's Biathlon at Koke Mill

SPRINGFIELD – Memorial's [SportsCare](#) will hold its third annual [women's biathlon](#) on Sunday, Sept. 12, at Koke Mill Medical Center.

The biathlon [route](#) is a 20-kilometer bike ride and a 5-kilometer run. Women can choose to participate in the entire event or select the relay option, in which one woman completes the bike portion of the event and her partner finishes the run. Limited registration is available.

"We've had a fantastic response to this year's biathlon," Stacy Curtis, SportsCare's senior physical therapist and the biathlon's co-race director, said. "That's why we are strongly encouraging women to register as soon as possible because we may not have any openings remaining if they wait until just before the race to register."

Women can register [online](#). If you are participating in the relay, you and your partner must register separately. The biathlon has been sanctioned by USA Triathlon, the sanctioning authority for more than 2,000 diverse events ranging from grass-roots to high-profile races nationwide.

SportsCare's biathlon is a noncompetitive event for Springfield-area women who may or may not have experience in participating in an organized athletic event, Curtis said. "It's geared to be a starter event for people who want a healthy lifestyle."

The race begins at 8 a.m. at [Koke Mill Medical Center](#), 3132 Old Jacksonville Road, at the intersection of Old Jacksonville and Koke Mill roads. A family health and fun fair will open at 8:30 a.m. The fair will include health and wellness screenings, children's games and prizes, and details about Memorial's Women's HeartAdvantage program.

Participants will be able to pick up their event packets from 4-7 p.m. Friday, Sept. 10, at SportsCare, 100 Chatham Road, Springfield, or on the day of the race beginning at 6 a.m.

The biathlon is open to women who are 12 years old and older. The cost for the entire event is \$25 for 17-year-olds and younger, \$45 for 18-year-olds and older. The cost for the relay for each participant is \$15 for 17-year-olds and younger, \$35 for 18-year-olds and older.

USA Triathlon members pay \$5 less if they're 17 years old and younger, \$10 less if they're 18 years old or older. All USA Triathlon members must bring their membership cards and photo IDs when they pick up their packets.

More information about the biathlon, including [training videos](#) to help women prepare for the event, is available at SportsCareWomensBiathlon.com.

Volunteers are also needed on the day of the biathlon to help at the finish line and with timing, post-race food, course monitoring, cleanup, and drink and aid stations. Volunteers can register [online](#).

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