

Indulge Your Competitive Urge In Los Alamos Triathlon, Duathlon & Running Races

Got the urge to compete? Athletes should have no trouble indulging their competitive streaks in Los Alamos, where a wealth of running races and triathlons awaits them each year. And what better place to train than in this scenic and historic mountain town?

Los Alamos offers fun races for recreational athletes and challenging contests for seasoned competitors, from 5K and 20K running races to numerous multi-sport races.

The Atomic Man Duathlon, take place in April each year. It's the newest race in the county. The run-bike-run race tests your speed on the flat 10K course, followed by a hilly 40K road bike ride, and a flat, fast 5K run to the finish line.



The signature running race in Los Alamos is the High Altitude Mini Marathon, with a 5K and longer 20K offering. The two races circle on scenic edge of town, with the 20K climbing up toward the mountains, and both finishing in style on the high school track.

Other running events include numerous 5Ks throughout the year, including the popular event in April, the Dog Jog, a 5K race and 2K walk for you and your furry running buddy, benefiting the Los Alamos County Animal Shelter.

In the world of triathlons, visitors to Los Alamos can be part of history in the making by competing in the local multi-sport race.

No stranger to making history, the town that was home to the Manhattan Project has also made its name in triathlons, holding the oldest continuously running triathlon in the country, even possibly the oldest running triathlon in the world.

The first Los Alamos Triathlon was held in November 1975, when 36 people crossed the finish line. For the first 16 years, the organizers held the swim, bike and run events as three

closely spaced time trials with a break between each. Now the three sports are raced in the standard continuous format. The triathlon will take place in August.

The triathlon, going into its 31st year and the largest in New Mexico, attracts more than 400 people to Los Alamos to swim 400 meters in its Olympic-size pool, pedal the 20K bike

course on mountain roads and finish with the challenging 5K run.

Race organizers also offer the Los Alamos Kid's Triathlon, also to be held August. Kids from five to 14 years old compete in all three events, but are given a break between events to get ready for the next event.

Also for kids, the New Mexico Hershey Track and Field Meet brings children from all over the state to compete in track and field events at Los Alamos High School's

top notch track. This popular event takes place in May each year.

On your next stay in Los Alamos, whether you're looking to set a personal racing best or test your legs in a fun race, be sure to check out the local racing scene.

Fast Facts: Triathlon and Running in Los Alamos

Annual Running/Racing Calendar:

Los Alamos Dog Jog, 2K and 5K
Atomic Man Duathlon
Run the Caldera
Firecracker 5K Run July 4th
Annual Los Alamos Triathlon
Annual Los Alamos Kids Triathlon

Schedule: See visit.losalamos.com/events

Terrain: Ranges from flat to mountainous; all high altitude

Contacts: Los Alamos Meeting & Visitor Bureau,
mvb@losalamos.org, or 505-662-8105

Lodging/Packages: Call Los Alamos Meeting & Visitor Bureau
at 1-800-444-0707 or go to the web at
visit.losalamos.com