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For Immediate Release:

## **ANNUAL SUMMER SIZZLER TRIATHLON TO BE HELD IN GRAND ISLAND**

GRAND ISLAND, N.Y., July 14, 2009 — The annual Summer Sizzler Triathlon, sponsored by Riverside Federal Credit Union, will take place on Saturday, August 8 at Beaver Island State Park in Grand Island. The triathlon, managed by Score This!!!, will offer distances for beginners, experienced triathletes and kids.

The Summer Sizzler is a formula 1 style of race. This unique version of triathlon involves a 400 meter swim, 17 kilometer bike, and 3 kilometer run to be completed twice. In addition to the formula 1 race, a sprint distance, duathlon and kid's race will be offered.

“This is a great family event. Not only do you get to race in one of New York States nicest parks, you can hang out with the family for the rest of the day on the beach. If you're pondering trying tri's, don't hesitate signing up for this one. The distances are perfect even if you have limited training. ”

The event will kickoff at 8:00 p.m., and awards will be given to the top three finishers in each age group. All participants in the kid's race will receive medals. In addition to awards, all participants can register to win prizes with Race with Riverside. This year's prizes include a Garmin Forerunner 405 GPS Enabled Sports Watch/ Heart Rate Monitor as well as gift certificates to Fleet Feet, WE Massage, and Tom's Pro Bike Shop.

After the races finish there will be a picnic lunch in the park for athletes and their families. To register for the Summer Sizzler log on to [www.score-this.com](http://www.score-this.com)

Race distances include:

- Sprint Tri and Sprint Tri Relay:  
400 meter swim, 17 kilometer bike, 3 kilometer run
- Formula 1:  
400 meter swim, 17 kilometer bike 3 kilometer run  
400 meter swim, 17 kilometer bike 3 kilometer run

- Duathlon:  
3 kilometer run, 17 kilometer bike, 3 kilometer run
- Kid's Tri:  
25 meter, swim 3 kilometer bike, 1 kilometer run

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*About the Score This!!!:* We have been producing events for the last 15 years, and have over 60 years total experience within the company. We manage events ranging from the one-sport venues like running races to multisport events. Our services can be used as a one-stop shop for ChampionChip timing, but can include whatever your venue needs, like race management or consulting. We can provide your event with the tools to be a successful endurance sport venue.