



Farm Island Recreation Area is located 4 miles east of Pierre on South Dakota Highway 34.

Contact us at 605.773.2885. For camping reservations, visit campsd.com or call 1.800.710.2267

Oahe Family YMCA
 900 E. Church St.
 Pierre, SD 57502
 605.224.1683



.4 Mile Open Water Swim | 18 Mile Bike | 3.5 Mile Run

Sprint Triathlon August 6, 2022



Farm Island Recreation Area
 1301 Farm Island Road
 Pierre, SD 57501
 605.773.2885

Farm Island Recreation Area History



Discovered by American Indians centuries ago, Farm Island has a rich and diverse history. Lewis & Clark are known to have stopped at the island to collect elk for meat. The early fur trappers planted and tilled gardens in the rich soil of the island.

The Civilian Conservation Corps (CCC) constructed the causeway spanning the north fork of the Missouri River in 1934. Ownership of the island passed from the City of Pierre to the State of South Dakota in 1946.

The island served as a recreation area until Big Bend Dam was constructed in 1965. At that time, facilities were moved off the island when almost half the island's land area was flooded.

In 2011, flooding caused by the Missouri River significantly impacted the park.

Since 2011, efforts have been made to re-establish existing trails on the island, planting & maintaining trees and continuing to improve the facilities in the park.

Riverman/Riverwoman Sprint Triathlon Information Saturday, August 6, 2022

Teams will compete as a group split into one of three different brackets—Men, Women and Mixed.

Men's and women's individual classes will be divided into the following age groups:

- | | |
|--------------|----------------|
| * 19 & under | * 40 to 49 |
| * 20 to 29 | * 50 to 59 |
| * 30 to 39 | * 60 and older |

Medals will be awarded to the top three finishers in each individual division, with medals being awarded to the top finisher in each team bracket.

Early Registration-until July 21, 2022

\$35/individual; \$55/team

Early registration entries MUST be postmarked by July 21, 2022. Early registration comes with a free t-shirt on race day.

Registration July 22nd and after

\$45/individual; \$55/team

T-shirts are NOT GUARENTEED in this price.

Race Day

- *Registration and check-in:* 6:30-7:30 a.m. CDT
- *Rules meeting:* 7:40 a.m. Individuals and teams must be present at the rules meeting to compete in the race.
- *Race:* Starts immediately following the rules meeting

Event breakdown

- **Swim:** .4 miles beginning on the shore of the swim beach, across to the island and back
- **Bike:** 18 miles through the park and along SD Hwy 34
- **Run:** 3.5 miles through the park and on the island trail

Safety

Brightly colored skullcaps and bicycle helmets are required.

Participants are responsible for timing their own splits for the race.

Riverman/Riverwoman Registration

Name(s) of Individuals/Teams Competing:

Address:

Home/Cell Phone: _____

Division (Men, Women, Team): _____

Age group (if applicable): _____

Shirt size (please list **all** sizes for teams): _____

Payment

*\$35 Individual or \$55 Team
(must be postmarked by July 21, 2022)*

*\$45 Individual or \$65 Team
(postmarked/received July 22 or after)*

Register online at www.oaheyymca.org/triathlon

or

Checks payable to Oahe Family YMCA (funds raised from this event go directly to the Oahe YMCA.) Cash can only be received at the YMCA office or day of the event only.

Send registration with payment to:

Oahe Family YMCA
Riverman/Riverwoman Triathlon
900 E. Church St
Pierre, SD 57501

Questions? Call the YMCA at 605.224.1683