



## **She Tris Events Return to Hamlin Neighborhood Portion of Proceeds to Benefit Local NonProfits**

Charleston, SC (August 2, 2021). Looking for ways to beat the heat this summer? She Tris Sprint Triathlon is hosting the 3rd annual Crews Subaru She Tris Hamlin event on August 21 in the beautiful Hamlin Plantation neighborhood. Participants have the option for virtual or in person duathlon and triathlon events, with distances catering towards beginners, but fun for every level.

“Our events start early and with a swim, so a great way to get in a fun workout without overheating!” says Klick. Triathlon participants swim 250 meters, bike just under 8 miles, and then run 2.5 miles on the mostly shaded running path. Think you’re too old or too young to “tri”? The age range of the Hamlin event is 13-78 years! “I will hang around as long as I can finish before the course is shut down, not for my ego, but to remind the 50-year old she can do this for another 30 years,” Carol Shilepsky (78) noted, after finishing the Crews Subaru hobcaw event earlier this year.

While locals make up the majority of participants, race directors Angi Klick and her partner Sarah Hays are seeing registrants from New York, Florida, Virginia, Georgia, North Carolina, and Tennessee. “Many of our out of town ladies treat this as a ‘girls weekend’ with friends. They come into town, get in a fun triathlon, and then celebrate with sight-seeing and meals at our amazing local restaurants,” Hays says.

She Tris not only provides a great atmosphere for beginner and experienced athletes, they also give back to the community, donating a portion of their proceeds to non profits like Tri It For Life Charleston (a mentoring program for new triathletes) and local youth sports teams.

Thinking about giving it a shot? Registration for She Tris virtual and in person events is still open to women of all levels at [www.shetris.com](http://www.shetris.com).

Photo: Carol Shilepsky finishes the She Tris event in Hobcaw earlier this year. Photo Credit: Diana Deaver

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**About She Tris Sprint Triathlon**

She Tris was founded in 2015 by Angela Klick to provide a high quality triathlon experience for women regardless of whether they were new to the sport or are a seasoned triathlete. She Tris is the only pool swim triathlon and women only triathlon in the Charleston area and currently offers 3 regional events for women throughout the year. Every year a percentage of our proceeds benefit area organizations like Tri It For Life, local ROTC clubs, and local swim teams. Interested in sponsorship? Contact [Liz@shetris.com](mailto:Liz@shetris.com).

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