



Water Temp:
82°

Pre-Race Instructions are now [posted on RunSignUp](#). Please check them out!



climbs) with three bottle exchanges. The run course will be two laps on the Kingston greenway and through downtown Kingston, with the first lap running past famous Fort Southwest Point. The run course will include fully stocked aid stations every mile.

The Sprint Storm will begin with a wave start point to point swim, followed by a relatively flat bike course, and an out and back around the fort run on the Kingston greenway.

Half Storm Triathlon - 1.2 mile Swim, 56 mile Bike, 13.1 mile Run

Sprint Storm Triathlon - 600 meter Swim, 17 mile Bike, 4 mile Run

Participants will receive technical shirts, DeFeet race logo socks, finisher medals, post race food & drink, and a chance at our unique awards.

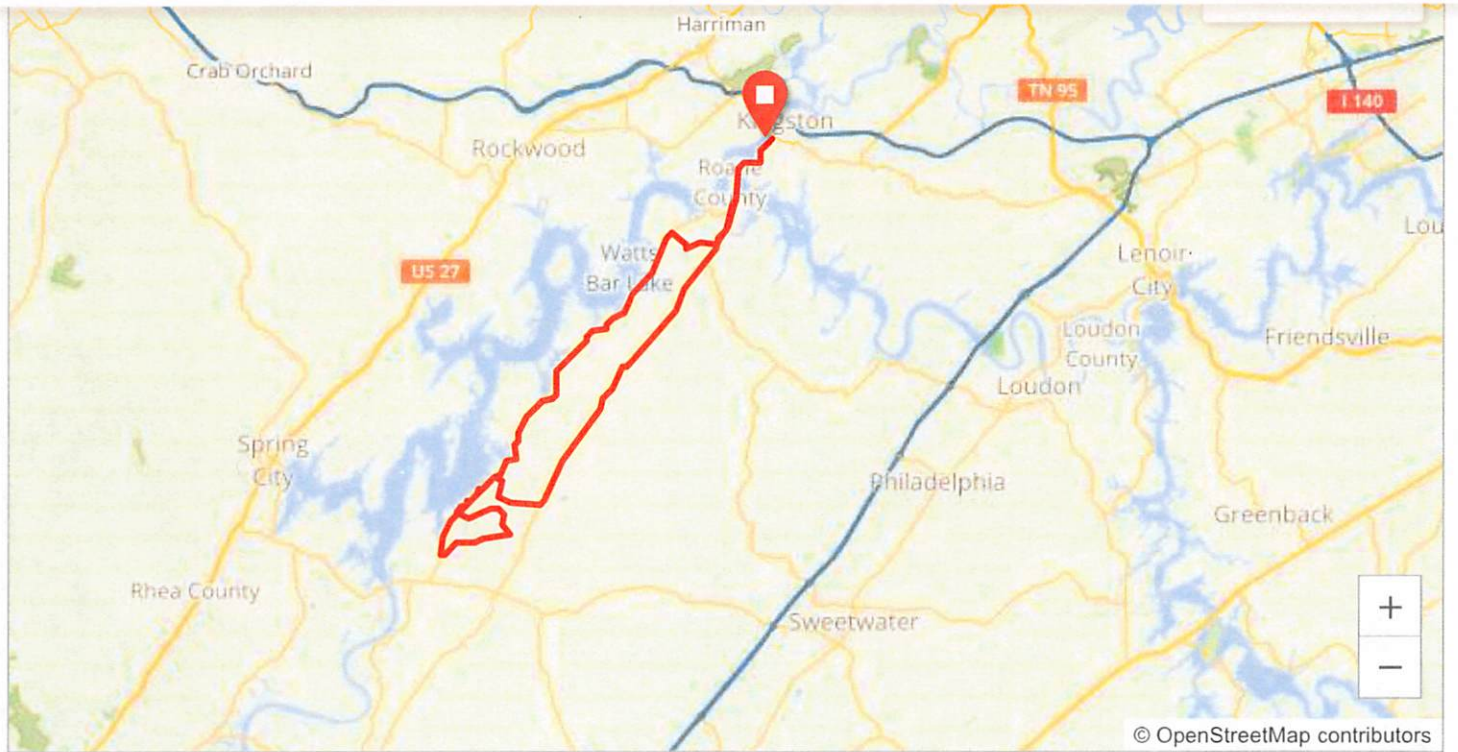
Expected participation - 325

Packet Pickup:

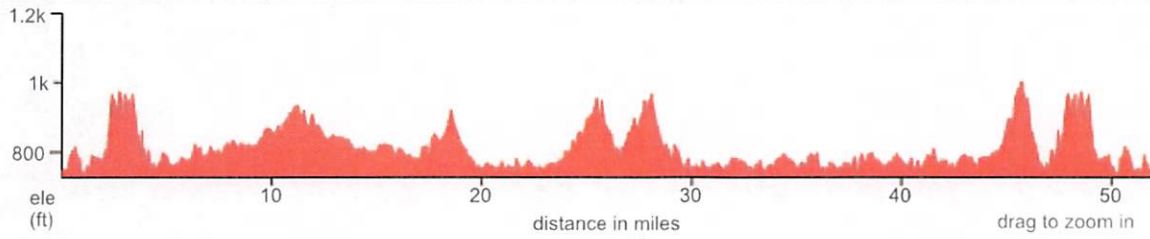
Thursday, August 26— Fleet Feet Sports of Knoxville, 11619 Parkside Drive, 4 to 6:30pm.

Friday, August 27, Fort Southwest Point, 1226 S. KY St, Kingston, 5 to 8pm.

Packets may also be picked up on **race morning at 58 Landing** (transition area/swim start), HWY 58 South, Kingston, **starting at 6am.**



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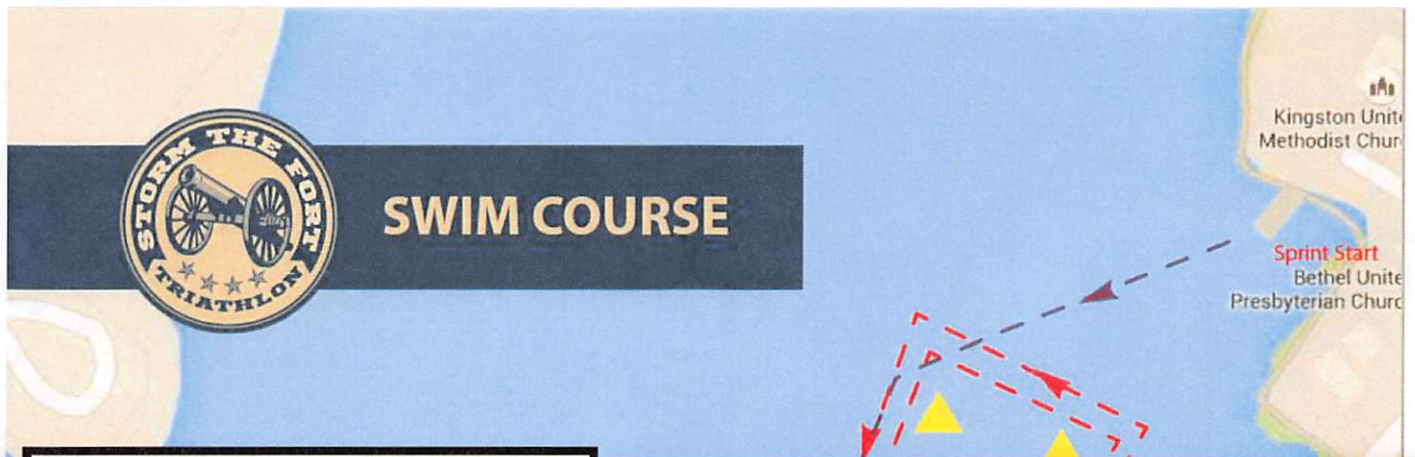


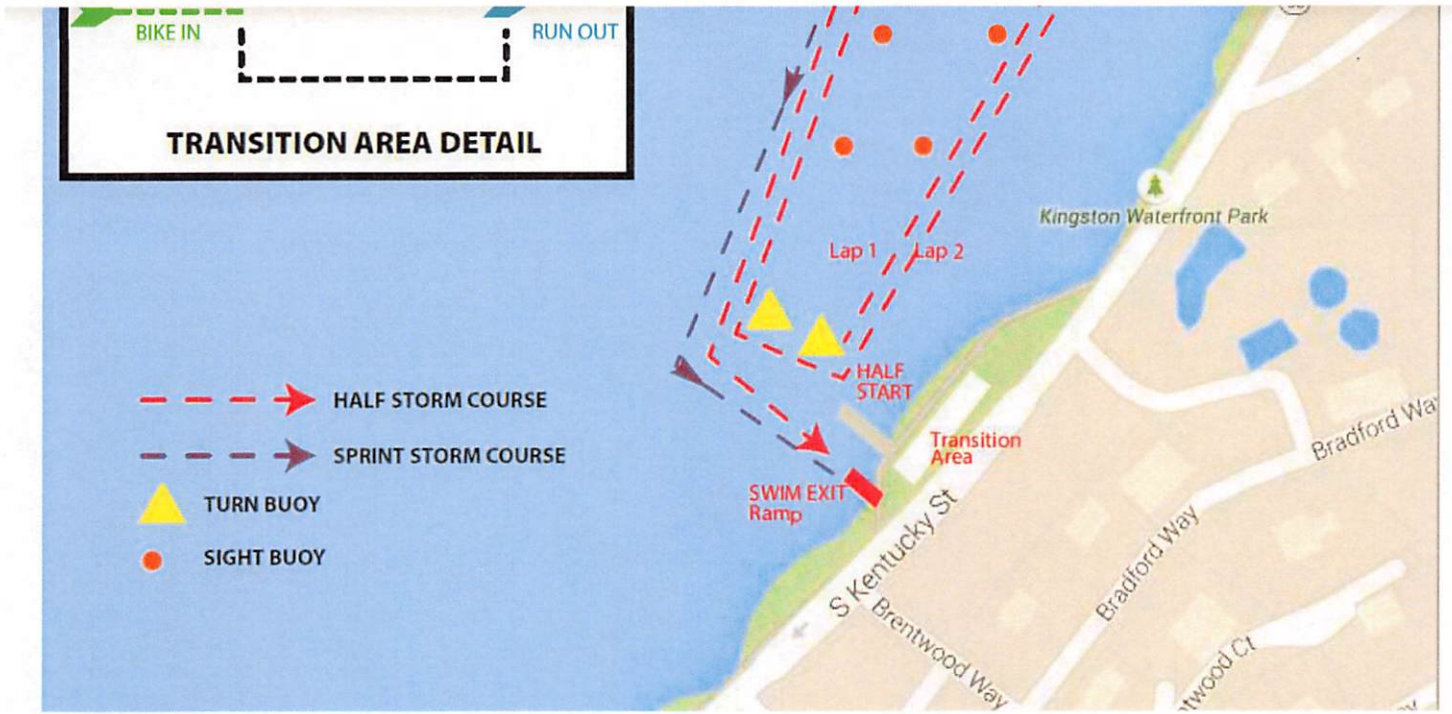
2021 STF Half Bike
 📍 52 mi. + 2408 ft.
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2021 STF Half Run
 📍 13 mi. + 583 ft.

2021 STF Sprint Bike
 📍 17 mi. + 1220 ft.

2021 STF Sprint Run
 📍 4 mi. + 222 ft. >





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