

July 15, 2020

The Bakersfield Trispokes, in light of statistics of the past few weeks regarding COVID-19, will maintain safety measures implemented in late March. Club monthly meetings and board meetings will be regularly held through social networking platforms, such as Zoom, and official activities will continue to be offered through a virtual format. Club activities that involve face-to-face interaction in large groups will not take place at least through August 2020, and then will be evaluated depending on the prevalence of the virus in Kern County. Despite the restrictions, the Trispokes will continue to strive to inspire local triathletes of all levels of interest, ability and experience. The club encourages informal small-group gatherings that promote a healthy lifestyle through the training and camaraderie of multisport while practicing safety measures including wearing of masks before and after activities, and social distancing. More virtual events are being planned for the next two months.

The Trispokes also encourage members to participate in any races that might be held in the Central Valley, such as those put on by Sierra Cascades Multisport, that provide a clear outline of safety measures taken before, during and after the race.

Trispokes board  
Danny Edwards  
Abby Epton  
Tracey Crawford  
Mike Toland  
Brooke Ambrose