



ACCENTURE ESCAPE FROM ALCATRAZ™ TRIATHLON FUN FACTS

1. The waters of the San Francisco Bay are a frigid 55 degrees on average and also a major shark nursery, home to leopard sharks, sevengill cowsharks, brown smoothhound sharks, spiny dogfish sharks and soupfin sharks.
2. Perhaps the most famous "Escape from Alcatraz" was that of Frank Lee Morris, who was the brilliant mastermind of one of the most legendary prison escapes in history. Morris and two others escaped from Alcatraz on June 11, 1962, and they were never to be seen again. The story of Frank Morris and the great escape can be seen in the 1979 film, "Escape from Alcatraz," which stars Clint Eastwood.
3. According to many sources, the Triathlon is based on a race called "Les trois sports" that took place in France during the 1920-1930s.
4. Alcatraz was once home to more than 1,545 prisoners during its existence as a federal penitentiary from 1934-1963. Famous inmates include Al Capone, George "Machine Gun" Kelly, Henry Young and Robert Stroud "Birdman of Alcatraz."
5. A number of challenged athletes will be competing in the race, including two "Operation Rebound" soldiers who each lost a limb fighting in the Middle East.
6. This year there are more than 50 teams taking part in the Corporate Challenge Relay, including teams from Smith Barney, Stanford University, Salesforce.com, Walt Disney Animation Studios, Toyota and many more.
7. In 2006, *Inside Triathlon Magazine* named the Accenture Escape from Alcatraz™ Triathlon the number one triathlon.
8. The fourth mini-event in the triathlon is a one-mile "warm-up" run between the swim and bike leg to reduce the occurrence of hypothermia.
9. This year's event will feature world famous athletes such as last year's winner and 2006 International Triathlon Union Team Champion Andy Potts from the U.S.; French triathlete and one of the world's fastest swimmers Benjamin Sanson; as well as Pip Taylor, a member of the world champion Australian Elite Triathlon Team; 2006 winner Becky Lavelle; and Jenna Shoemaker, an American and 2012 Olympic hopeful.
10. Alcatraz is home to the oldest operating lighthouse on the West Coast of the United States.

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