The Vulcan Tinman Triathlon is a fun family event with a high emphasis on participation.

In the past, we have brought over 1000 competitors and their families and friends to our great little town every year. Sadly, we have had to cancel the race for the past two years because of COVID restrictions. To keep the spirit of the race alive, we would like to invite you all to participate in a DIY Tinman, during the Vulcan County Wellness Challenge.

The Tinman race consists of 3 components- swimming, biking and running. This is done as an individual or as a team. There are options for a full race, half race, youth (under 14) and Tinbit (under 8).

We have provided the traditional distances, but with the emphasis on participation, do what you can, when you can. Complete the full race in a day, a week or a month. Do it on your own or with your team. Post your race to the group on Facebook Vulcan Tinman Triathlon @vulcantinman.

Full Tinman- Swim 5 km (20 lengths), Bike 20 km, Run 5 km

½ Tinman- Swim 2.5 km (10 lengths), Bike 10 km, Run 2.5 km

Youth – Swim 2.5 km (10 lengths), Bike 5 km, Run 1.5 km

Tinbit- Swim 1 length, Bike 2 Blocks, Run 1 Block

The association has significantly impacted the recreational opportunities available to residents of Vulcan & Vulcan County.  The Vulcan Tinman Triathlon has raised over $270,000.00, which has gone back to the community since its inception in 1990.  With the current race model, various local groups (Skate Club, Kinettes etc.) volunteer their time on race day in return for money towards their group.  When the race can run again, we would love to see many local participants!

From your,

Vulcan Tin Man Triathlon Committee