

In 2026 we came up with a contrived, multi-day triathlon where an athlete who completed the 5K run on Monday, the 20K cycling road race on Friday, and the 500-yard swim on Saturday would have the chance to earn a medal for the three events as a triathlon.

Two athletes completed this challenge and the results are:

Chrissie Lopez with 26:51 in the 5K run, 39:30 in the 20K cycling road race, and 9:44.25 in the 500-yard swim earned a gold medal in the women's 50-54 division.

Christine Lipa with 30:48 in the 5K run, 43:01 in the 20K cycling road race, and 12:04.82 in the 500-yard swim earned a gold medal in the women's 65-69 division.