

IMPORTANT RACE INFORMATION FOR INTERNATIONAL DISTANCE ATHLETES

The international distance course is TWO (2) laps of the regular sprint triathlon course, except for the swim. Please review the expanded information below for each segment of the race.

SWIM COURSE:

COOL SOMMER MORNINGS SWIM COURSE

Swim is one lap for both distances. All swimmers swim counter-clockwise keeping buoys on their left.



BIKE COURSE: All events share the same bike course. International distance cyclists will complete TWO (2) laps of the 10.6 mile Sprint bike course for a total distance of 21.2 miles. At the end of lap one, international distance cyclists will travel around the traffic circle and then head back out on the course for lap 2. Please stay towards the inside of the traffic circle and use caution when leaving the traffic circle to start lap two as you will be merging with sprint distance cyclists heading out on the bike course. At the end of lap two of the bike course you will once again enter the traffic circle, this time staying further to the outside of the circle to turn right towards the transition area and dismount zone.

CAUTION: Please SLOW DOWN and use EXTREME CAUTION when entering and leaving the traffic circle as there is a DIP around the entire perimeter of the traffic circle

BIKE BOTTLE EXCHANGE: There is one bottle exchange on the 21.6 mile bike course. The support station is located near the Highlander Building just after you finish lap one of the bike. Please pull off to the far right to receive support. The station will have water and Gatorade Endurance Formula, both in sport-top bottles.

RUN COURSE: All run courses are out and back on the South Lake Trail. All turnaround points will be marked with signs and will have a course marshal present. It is the responsibility of each athlete to know the course so please study the course maps and become familiar with them prior to the race. The International Distance 10K run is TWO (2) laps of the 5K course. At the end of lap one you will pass by the entrance of the finish line chute and proceed back to the Run Start Inflatable. You will stay to the right and run just past the inflatable where you will make an immediate U-turn and then start lap two of the run. At the end of lap two you will enter the finish line chute to finish.

AQUABIKE: Aquabike athletes will complete the swim and bike of the International Distance Course. Your race will end when you finish your 21.2 mile bike. After you finish, we encourage you to enter the finish chute and cross the finish line for your official finish photo and to claim your finisher medal and return your timing chip. The time recorded when you cross the finish line will be discarded. If you do not want to run through the finish, please report to the end of the finish chute to turn in your timing chip and collect your finisher medal.

Have a great race!