



Clif Bar Triathlon

3/4 mile swim -- 13 mile road bike -- 5 mile run

Course Descriptions:

The run course is 5 miles. Runners start on Granite Beach and head south. The course then jogs in around the boat launch and heads toward Mooney Ridge. The course passes Mooney Ridge, runs out about a quarter mile, then turns around and heads right up the ridge. Reach the top, then cruise down and back to the finish.

The bike course is two laps of 6.5 miles of rolling fast terrain. Riders will need expert cornering skills to ensure winning times. The climbing is confined to short plentiful spurts scattered throughout.

Race Course

- 13 mile Road Ride
- Roads and Trails**
- Paved Road
- Multi Use
- No Bikes
- Bike Start/Finish
- Run Start
- Run Finish
- Transition Zone
- Swim Start
- Race Direction
- Mile Marker
- Bike Lap Turn Around

