



Folsom Lake SRA
Race Location



Ice Breaker Triathlon

1/2 mile swim -- 13 mile road bike -- 4 mile run

Course Descriptions:

The run course is 4 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

4 mile run

Roads and Trails

Paved Road

Multi Use

No Bikes

Run Start

Finish

Transition Zone

Swim Start

Race Direction

Mile Marker

Bike Lap Turn Around

