



## THE SWIM

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The swim is a **double loop of the 500m course for the FULL** and a **single 500m loop for the MINI**. FULL distance racers will swim the first 500m, then have to exit the water, run around the beach flags and then proceed to do a second lap of the swim course before continuing on to transition for the bike. The swim route will be marked with giant buoys.

The swim will begin with a beach start.

**It is anticipated to be a wet suit allowed swim.**

## THE MOUNTAIN BIKE

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This is an off-road bike course. Sorry, **no road bikes or cyclocross bikes allowed**.

**FULL COURSE AND DUATHLON – *you must complete 2-loops of the course***. The entire course will be marked with flagging and caution tape. Additionally, arrows and/or caution tape and/or signage will be used to highlight significant turns, hills, or other hazards.

It is **VERY IMPORTANT that you keep track of what lap you are on!** You are required to do 2 loops of the 8.5 km bike loop. At the end of the loop (as shown on the map), there will be signage indicating:

- a RIGHT turn for racers to continue onto the 2<sup>nd</sup> loop of the course
- a LEFT TURN/RETURN TO TRANSITION to take racers (who completed 2 laps) back into the quarry for the transition to the run course.

Additionally, there will be volunteers at key turning points to help direct you along the way. ***It is your responsibility to keep track of your laps and know the race map.***

**GEL DROP ZONE:** There is a designated area on Old Bell School Line Rd just before the second loop starts for gel or fuel packaging to be dropped. This area will be marked as the 'Gel Drop Zone'. This is an area with flat terrain, where it is safe to fuel-up and drop your garbage. We are trying very hard to keep the trails clean, so please time your fueling for this area, or keep your garbage with you. You will pass this zone one time on each lap.

**SHORT DISTANCE – *you must complete only 1 lap of the 7.5km course***, which will be well marked. There will be no need to count laps, as your route is a single loop followed by a return to the transition zone.

## THE RUN

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The run begins with a steady hill along an old gravel road, which follows the perimeter of the quarry before heading into the escarpment trails.

The run will be marked with a combination of arrows, caution tape, and pylons. There will be several water stations along the trail with Infinit Sports drink and water. Kilometer markers will be every 1 km.

Your home stretch will have you heading directly toward the quarry lake and around it before you enter the finishing shoot in front of the crowd!

## THE OPEN TRAIL RUN

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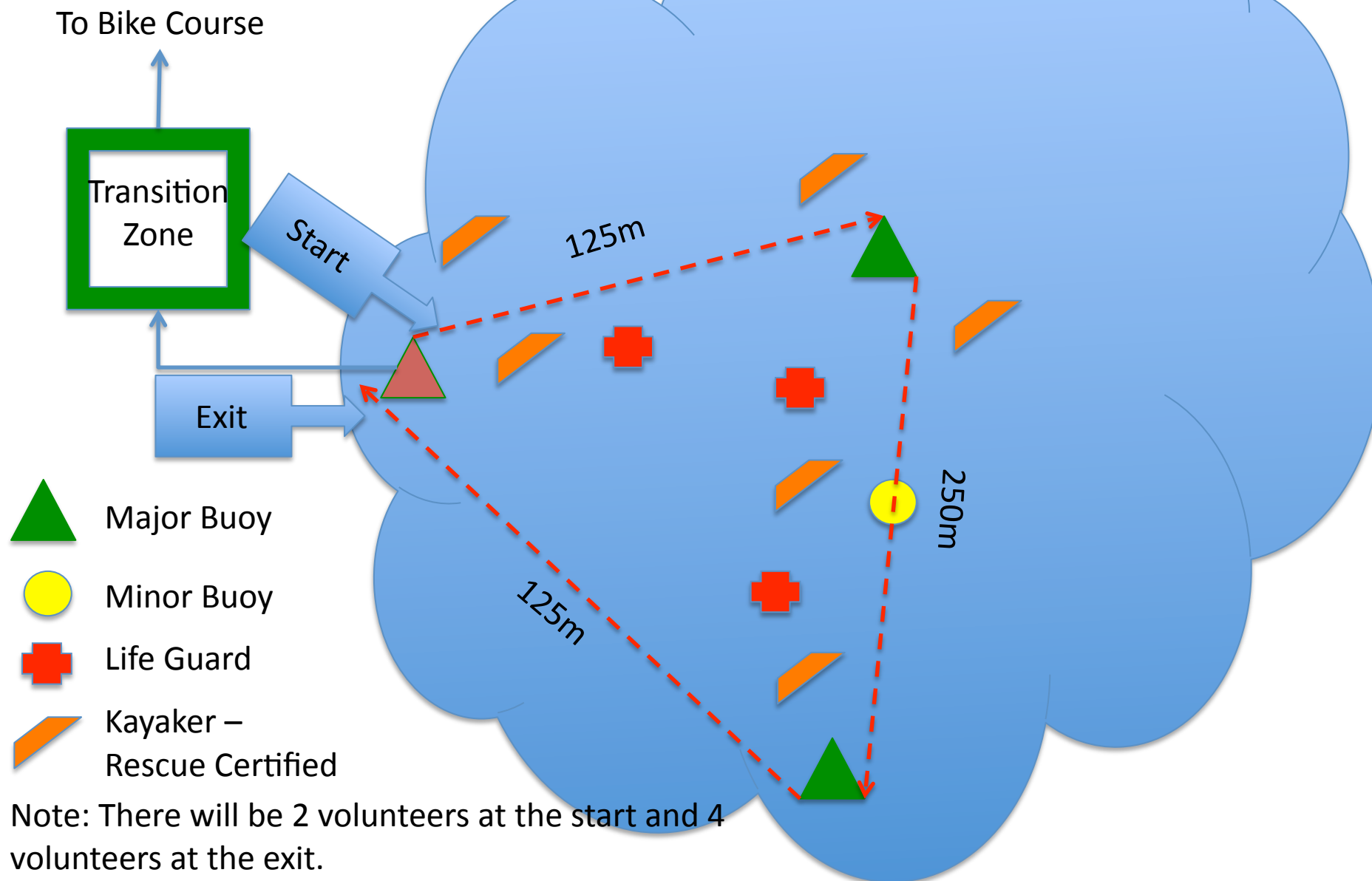
The **8.61km** open trail run will use the same course as the Full Triathlon and Duathlon final run course.

The run begins with a steady hill along an old gravel road, which follows the perimeter of the quarry lake before heading into the escarpment trails.

## Swim Course – Full Distance

### Off-Road Triathlon

2 x 500m loop – loop is exit the water, go around the pylons then back onto the swim course

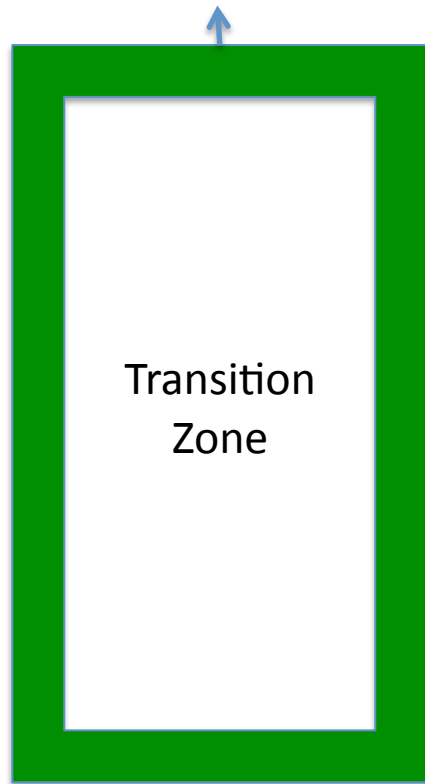


Swim Course – Full Distance Off-Road

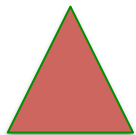
Triathlon – **Loop Close-up**

2 x 500m loop – 1 loop is exit the water, go around the buoy in knee deep water then back onto the swim course

To Bike Course

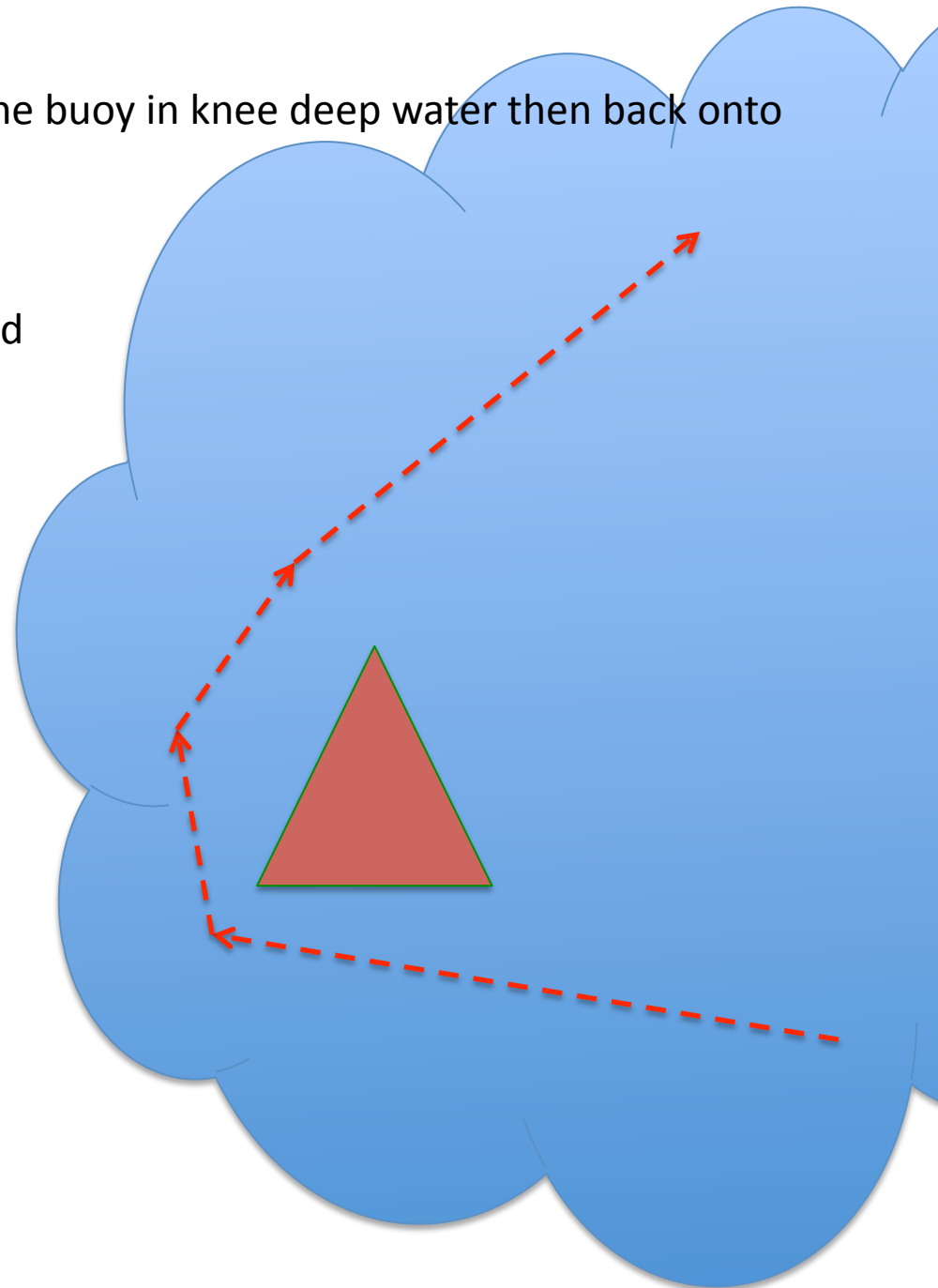


Stay in knee deep water and loop around orange pylon before heading back onto swim course for second 500m lap



Major Buoy

Note: There will be 2 volunteers at the start and 4 volunteers at the exit.



# FULL OFF-ROAD TRIATHLON: 2 LOOPS OF THE SWIM & BIKE COURSE

## LEGEND

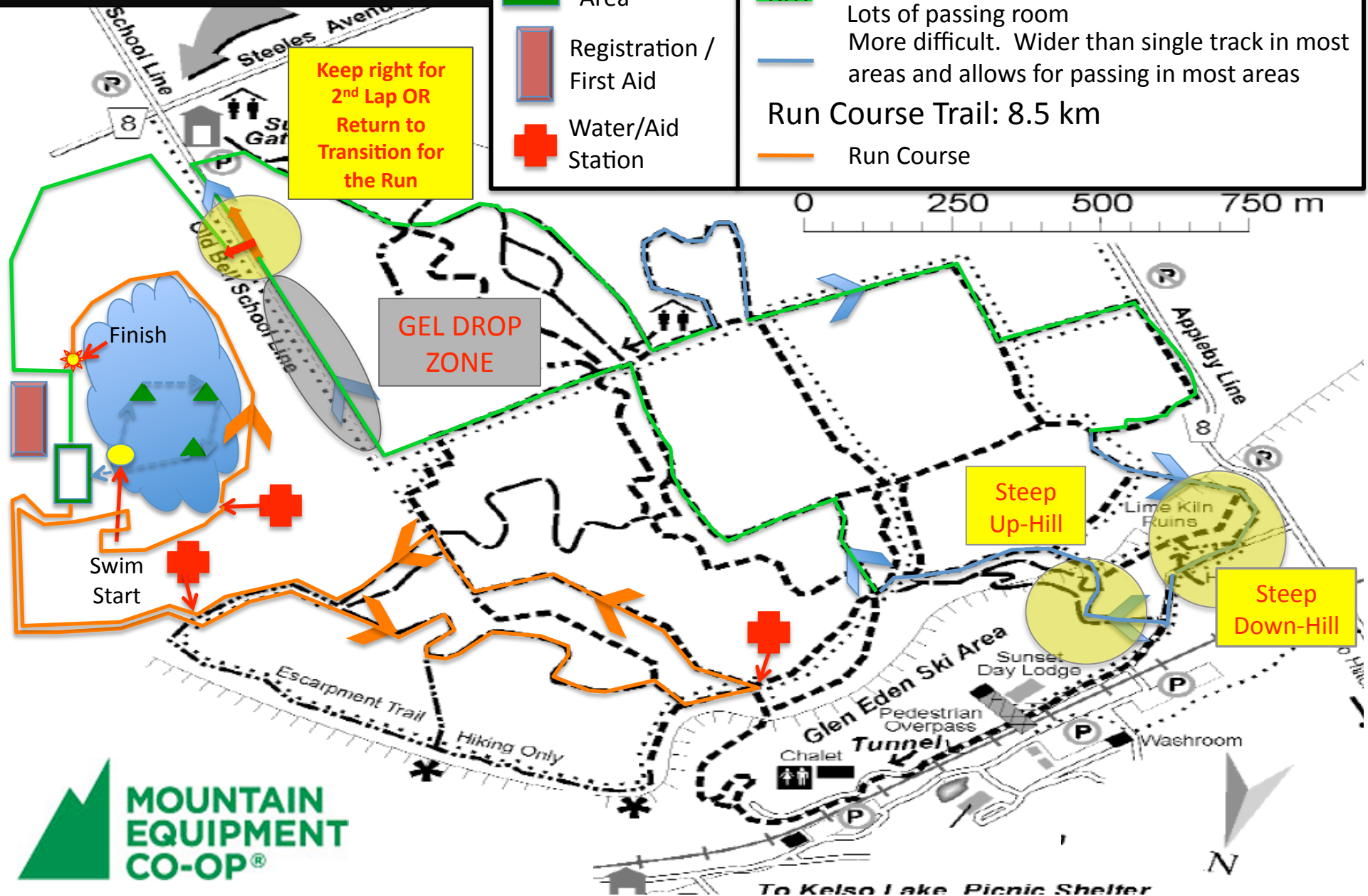
-  Transition Area
-  Registration / First Aid
-  Water/Aid Station

**Bike Course Trails: 2 x 8.5km loop = 17 km**  
 Easy, double track. Service vehicles can travel.  
 Lots of passing room  
 More difficult. Wider than single track in most areas and allows for passing in most areas

**Run Course Trail: 8.5 km**

 Run Course





0 250 500 750 m



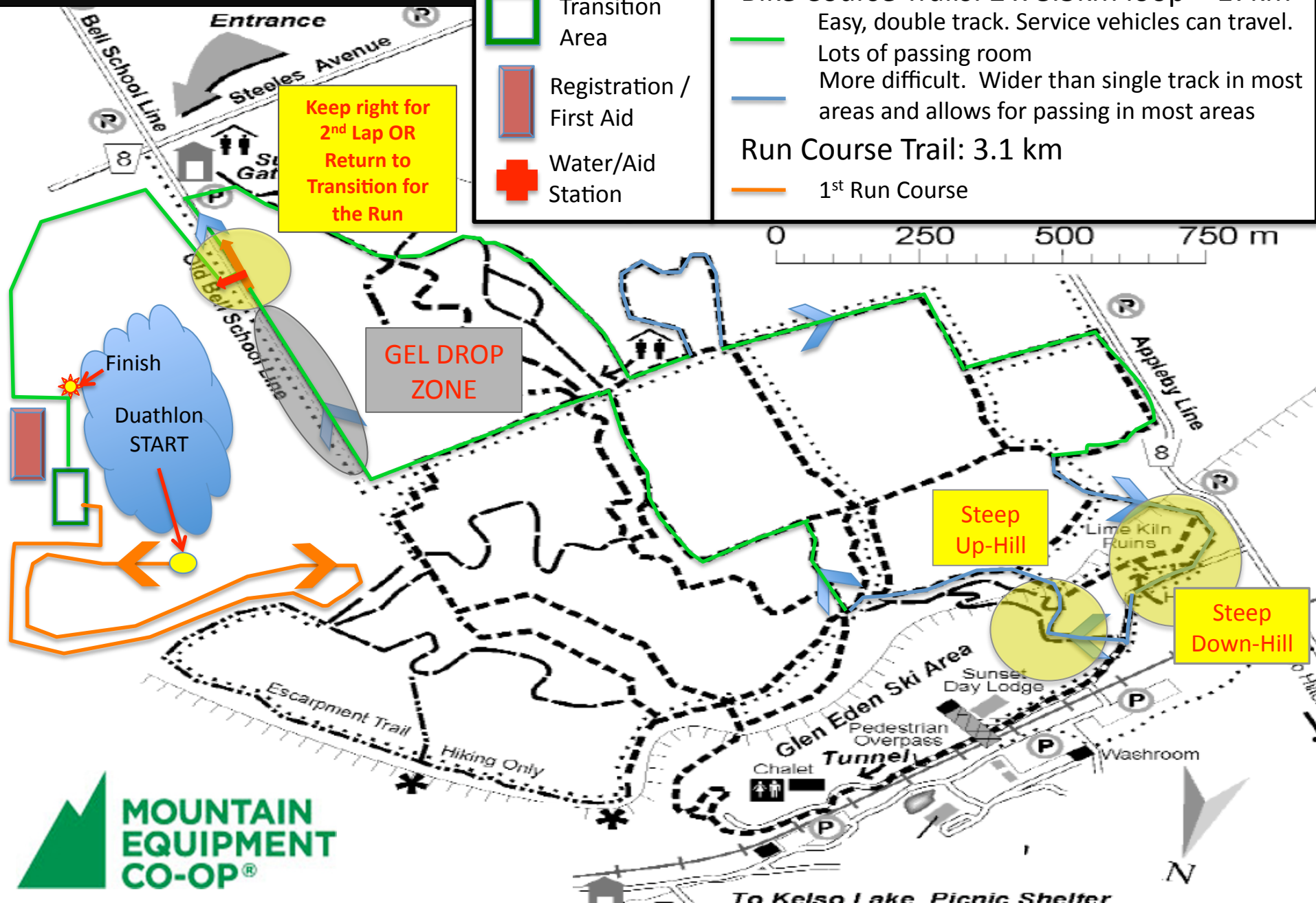
# OFF-ROAD DUATHLON: First Run and 2 loop Bike Course

## LEGEND

-  Transition Area
-  Registration / First Aid
-  Water/Aid Station

- Bike Course Trails: 2 x 8.5km loop = 17km**
-  Easy, double track. Service vehicles can travel.
-  Lots of passing room
-  More difficult. Wider than single track in most areas and allows for passing in most areas
- Run Course Trail: 3.1 km**
-  1<sup>st</sup> Run Course

0 250 500 750 m









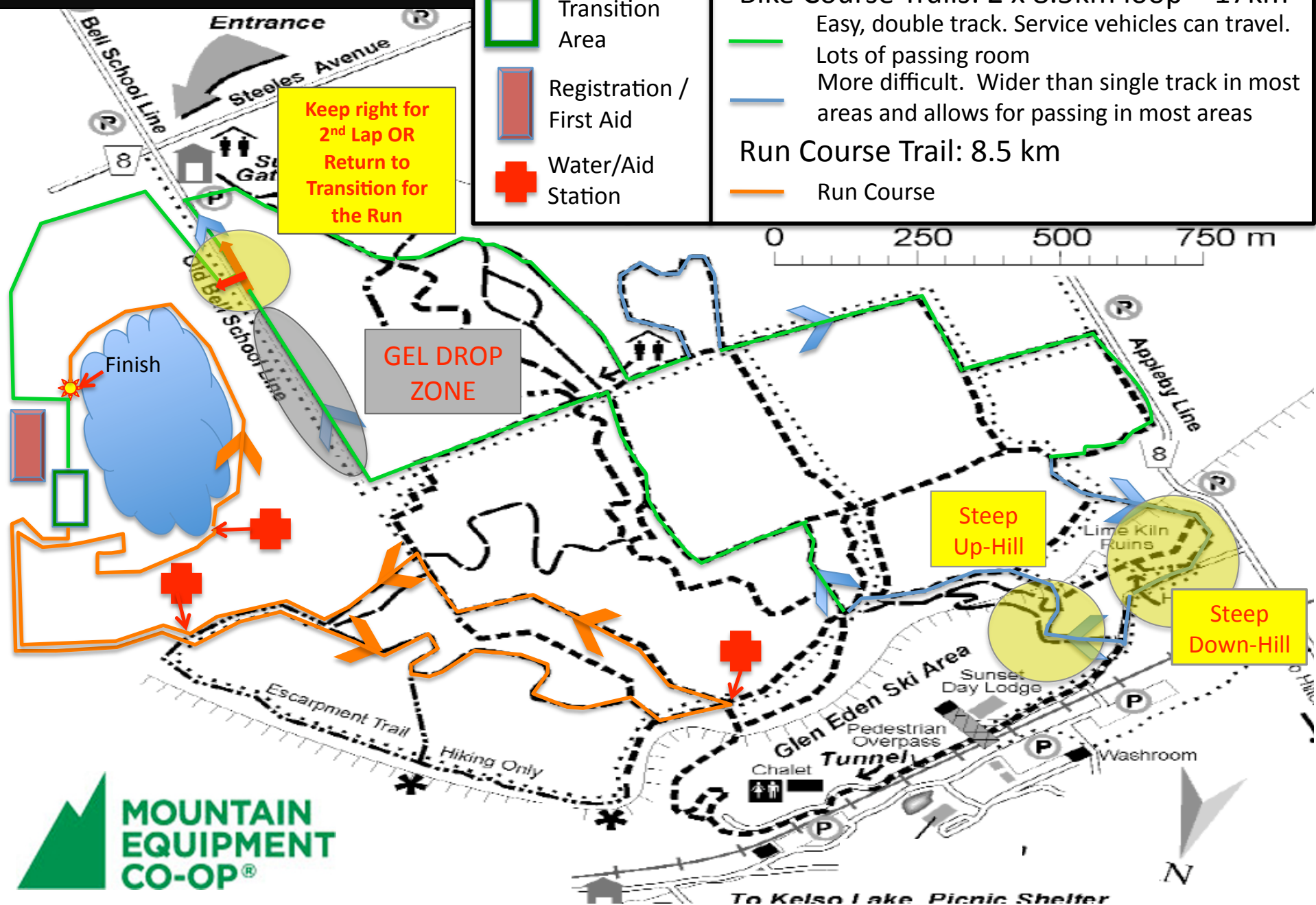
# OFF-ROAD DUATHLON: Second Run

## LEGEND

-  Transition Area
-  Registration / First Aid
-  Water/Aid Station

- Bike Course Trails: 2 x 8.5km loop = 17km
-  Easy, double track. Service vehicles can travel.
-  Lots of passing room
-  More difficult. Wider than single track in most areas and allows for passing in most areas
- Run Course Trail: 8.5 km
-  Run Course

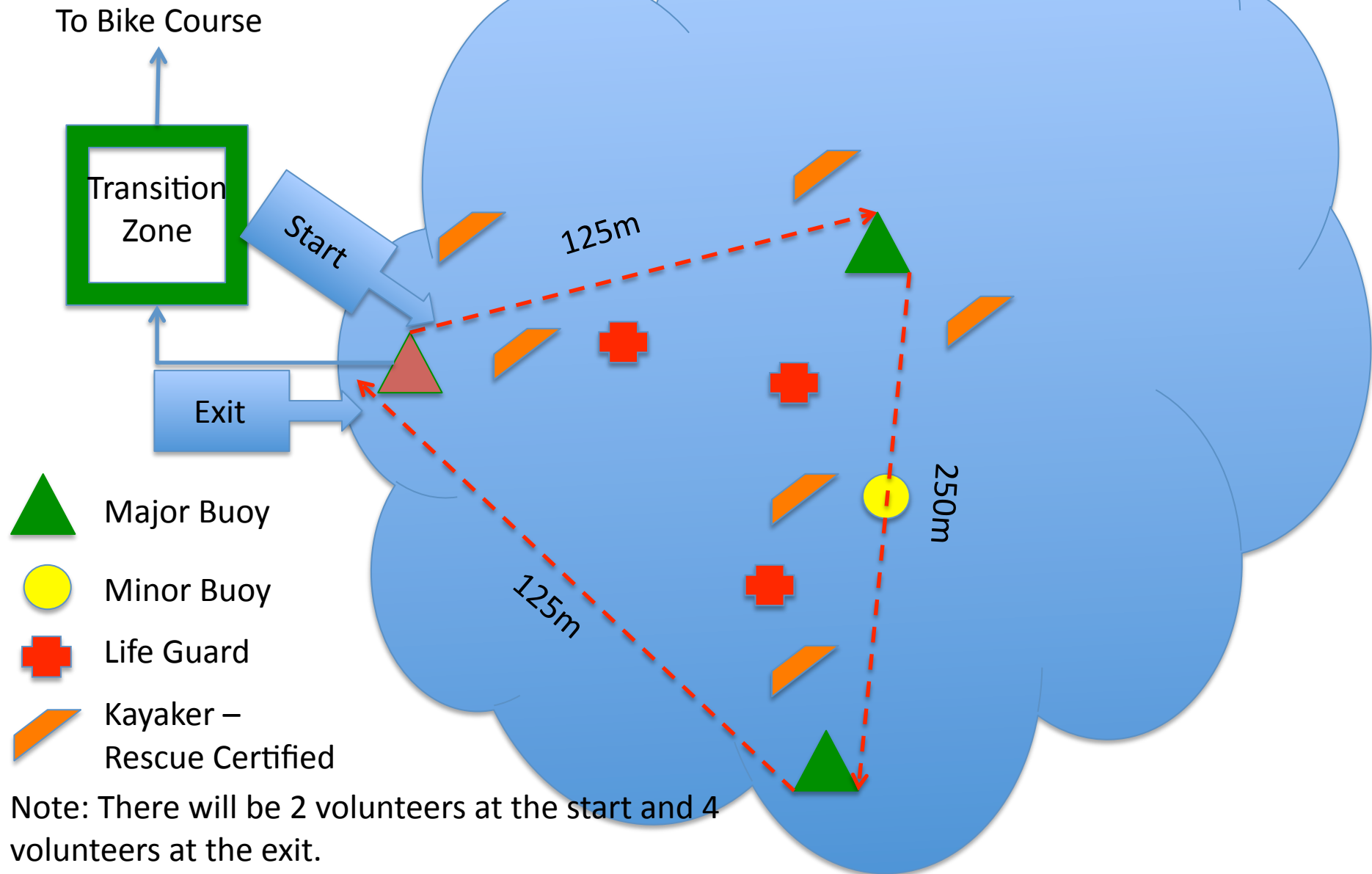
0 250 500 750 m



## Swim Course – Mini Distance

### Off-Road Triathlon

1 x 500m loop – single loop of the 500m course then exit directly to transition








# MINI OFF-ROAD TRIATHLON: 1 LOOP OF THE BIKE COURSE

## LEGEND

-  Transition Area
-  Registration / First Aid
-  Water/Aid Station

### Bike Course Trails: 1 x 7.5km loop

-  Easy, double track. Service vehicles can travel.
-  Lots of passing room
-  More difficult. Wider than single track in most areas and allows for passing in most areas

### Run Course Trail: 5.0 km

-  Run Course

0 250 500 750 m

