

Tri, Girl, Tri!

Napa Valley

OAK SHORES
Day Use Area

SWIM START/FINISH

Lake Berryessa
Recreation Area

Knoxville Road

SWIM COURSE DETAILS

- Swim start organized into self-seeded, ability-based waves of 100 athletes each. (You choose which wave to start with; fastest athletes first!)
- Waves will be spaced approximately three minutes apart.
- Swim course follows a counter-clockwise triangular course marked by buoys.
- Swimmers keep buoys to their left at all times.

POPE CANYON RD

TURNAROUND

Lake
Berryessa
Airport

Lake Berryessa Recre

KNOXVILLE RD

BIKE COURSE DETAILS

- Cyclists exit Oak Shores and make a right to head northbound on Knoxville Rd.
- Turnaround at the north end of Putah Creek Bridge (5.5 miles)
- Return southbound along Knoxville Rd.
- Left into Oak Shores

START/FINISH
OAK SHORES

Tri, Girl, Tri!
Napa Valley

START/FINISH
OAK SHORES

RUN COURSE DETAILS

- Runners exit Oak Shores and make a left to head south on Knoxville Rd.
- Turnaround at mile 1.5
- Return northbound along Knoxville Rd.
- Right into Oak Shores

TURNAROUND

BERRYESSA
LOOP RD.

Lake Berryessa Res.

