

HITS TRIATHLON SERIES

Napa Valley, California

Swim Course

100 meters/750 meters/1,500 meters/1.2 miles/2.4 miles

OPEN: Sunday, April 9, 2017

- Swim: 100 meters (one loop)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

SPRINT: Sunday, April 9, 2017

- Swim: 750 meters (one loop)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

OLYMPIC: Sunday, April 9, 2017










- Swim: 1,500 meters (two loops)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

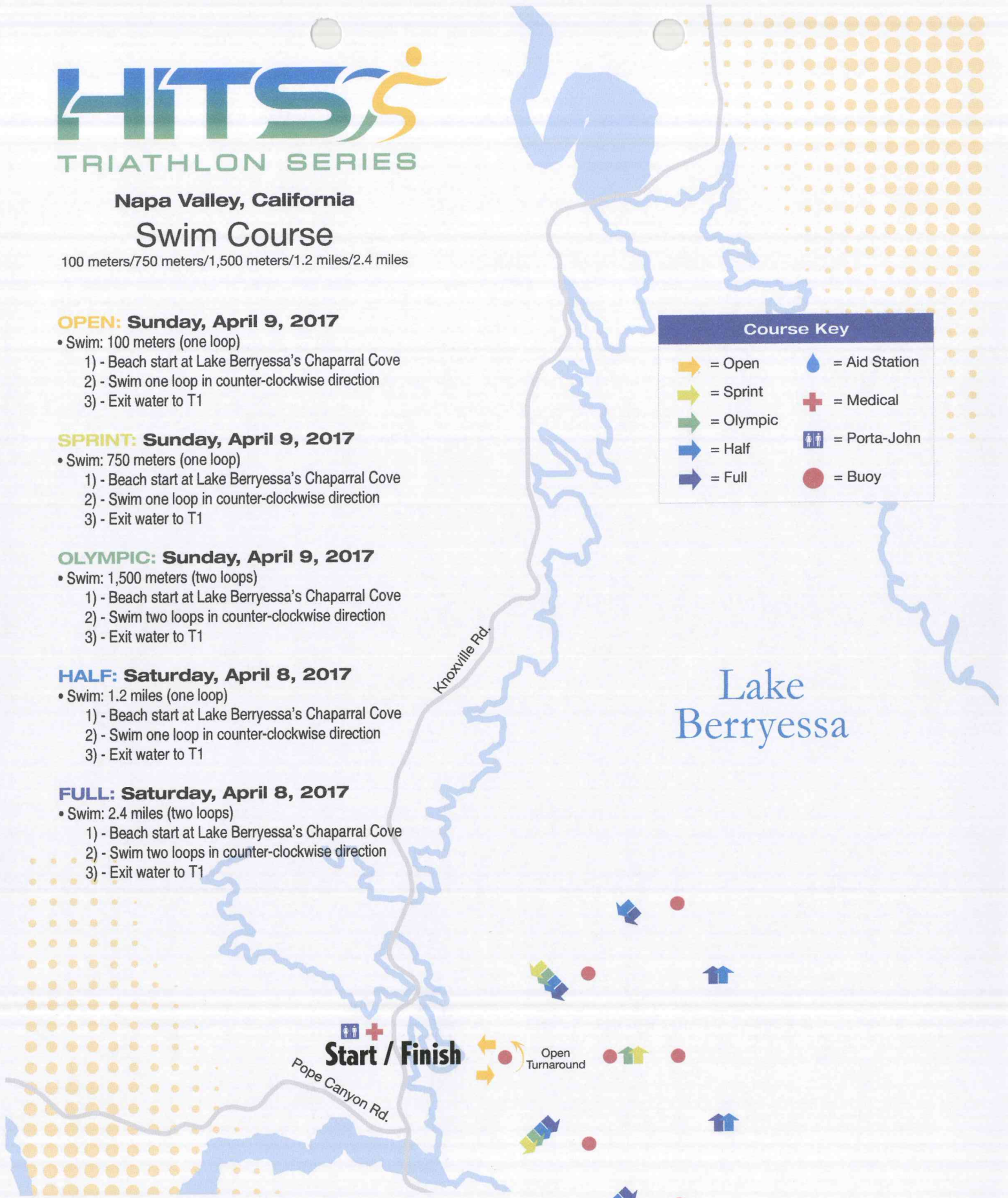
HALF: Saturday, April 8, 2017

- Swim: 1.2 miles (one loop)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim one loop in counter-clockwise direction
 - 3) - Exit water to T1

FULL: Saturday, April 8, 2017

- Swim: 2.4 miles (two loops)
 - 1) - Beach start at Lake Berryessa's Chaparral Cove
 - 2) - Swim two loops in counter-clockwise direction
 - 3) - Exit water to T1

Course Key			
	= Open		= Aid Station
	= Sprint		= Medical
	= Olympic		= Porta-John
	= Half		= Buoy
	= Full		





Napa Valley, California

Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

Course Key			
↑ (Orange)	= Open	---	= Trail
↑ (Yellow)	= Sprint	💧	= Aid Station
↑ (Green)	= Olympic	+	= Medical
↑ (Blue)	= Half	♿	= Porta-John
↑ (Purple)	= Full	5	= Mile Marker

OPEN: Sunday, April 9, 2017

- Run: 1 mile (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at .5 miles and return on same route to Finish

SPRINT: Sunday, April 9, 2017

- Run: 3.1 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 1.55 miles and return on same route to Finish

OLYMPIC: Sunday, April 9, 2017

- Run: 6.2 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.1 miles and return on same route to Finish

HALF: Saturday, April 8, 2017

- Run: 13.1 miles (two out-n-backs)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

FULL: Saturday, April 8, 2017

- Run: 26.2 miles (four out-n-backs)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.275 miles and return on same route to begin second, third, and fourth out-n-back to Finish

HITS ENDURANCE 319 Main Street, Saugerties, NY 12477
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A distance for everyone!™



Napa Valley, California Bike Course

3 miles/12.4 miles/24.8 miles/56 miles/112 miles

Half / Full
Turnaround #1

OPEN: Sunday, April 9, 2017

- Bike: 3 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 1.5 miles and return on same route to T2

SPRINT: Sunday, April 9, 2017

- Bike: 12.4 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 6.2 miles and return on same route to T2

OLYMPIC: Sunday, April 9, 2017

- Bike: 24.8 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 12.4 miles and return on same route to T2

HALF: Saturday, April 8, 2017

- Bike: 56 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - R on Pope Canyon Rd.
 - 3) - R on Pope Valley Cross Rd.
 - 4) - R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
 - 5) - R on Berryessa Knoxville Rd. to Turnaround #2
 - 6) - R into Chaparral Cove to T2

FULL: Saturday, April 8, 2017

- Bike: 112 miles (two out-n-backs)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - R on Pope Canyon Rd.
 - 3) - R on Pope Valley Cross Rd.
 - 4) - R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
 - 5) - R on Berryessa Knoxville Rd. to Turnaround #2
 - 6) - Return to Chaparral Cove and begin second out-n-back
 - 7) - R into Chaparral Cove to T2

