



Napa Valley, California

## Swim Course

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

### OPEN: Sunday, April 15, 2018

- 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 15, 2018

- 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 15, 2018

- 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 14, 2018

- 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 14, 2018

- 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	
Yellow arrow	= Open
Green arrow	= Sprint
Blue arrow	= Olympic
Red arrow	= Half
Dark Blue arrow	= Full
Aid Station	Blue drop
Medical	Red cross
Porta-John	Blue person
Buoy	Red circle

Lake  
Berryessa

Start / Finish

Knoxville Rd.

Pope Canyon Rd.

Open Turnaround



TRIATHLON SERIES

## Run Course

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

Course Key

= Open		— — = Trail
= Sprint		 = Aid Station
= Olympic		 = Medical
= Half		 = Porta-John
= Full		 = Mile Marker

**OPEN:** Sunday, April 15, 2018

- 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

SBBINT: Sunday April 15 2018

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

SILVANUS: SILENT THOUGHT

- OLYMPIC: Sunday, April 15, 2018**

  - Run: 6.2 miles (out-n-back)  
    1) - Exit T2, R onto Berryessa Knoxville Rd.

- HALF: Saturday, April 14, 2018**

  - 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

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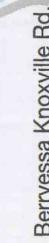
- FULL: Saturday, April 14, 2018**

  - 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



319 Main Street, Saugerties, NY 12477  
845.247.7275 | [HitsEndurance.com](http://HitsEndurance.com)

 Chanarra Cave  
Berryessa Knoxville Rd.



Brownstone Knoxville Rd

Start / Finish



Start / End

Sprint Turnaround

1

Open Transl

Downey Knows It All



Napa Valley, California

## Bike Course

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

Half / Full  
Turnaround #1

### OPEN: Sunday, April 15, 2018

• 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 15, 2018

• 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: Saturday, April 14, 2018

• 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 14, 2018

• 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 14, 2018

• 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



#### Course Key

= Open	= Sprint
= Olympic	= Half
= Medical	= Porta-John
= Mile Marker	