



Napa Valley, California

Swim Course

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

OPEN: Sunday, April 14, 2019

- 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 14, 2019

- 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 14, 2019

- 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 13, 2019

- 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 13, 2019

- 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
Cyan arrow	= Half
Dark Blue arrow	= Full
Blue water drop	= Aid Station
Red cross	= Medical
Blue porta-john icon	= Porta-John
Red circle	= Buoy

Lake
Berryessa

Start / Finish

Open Turnaround

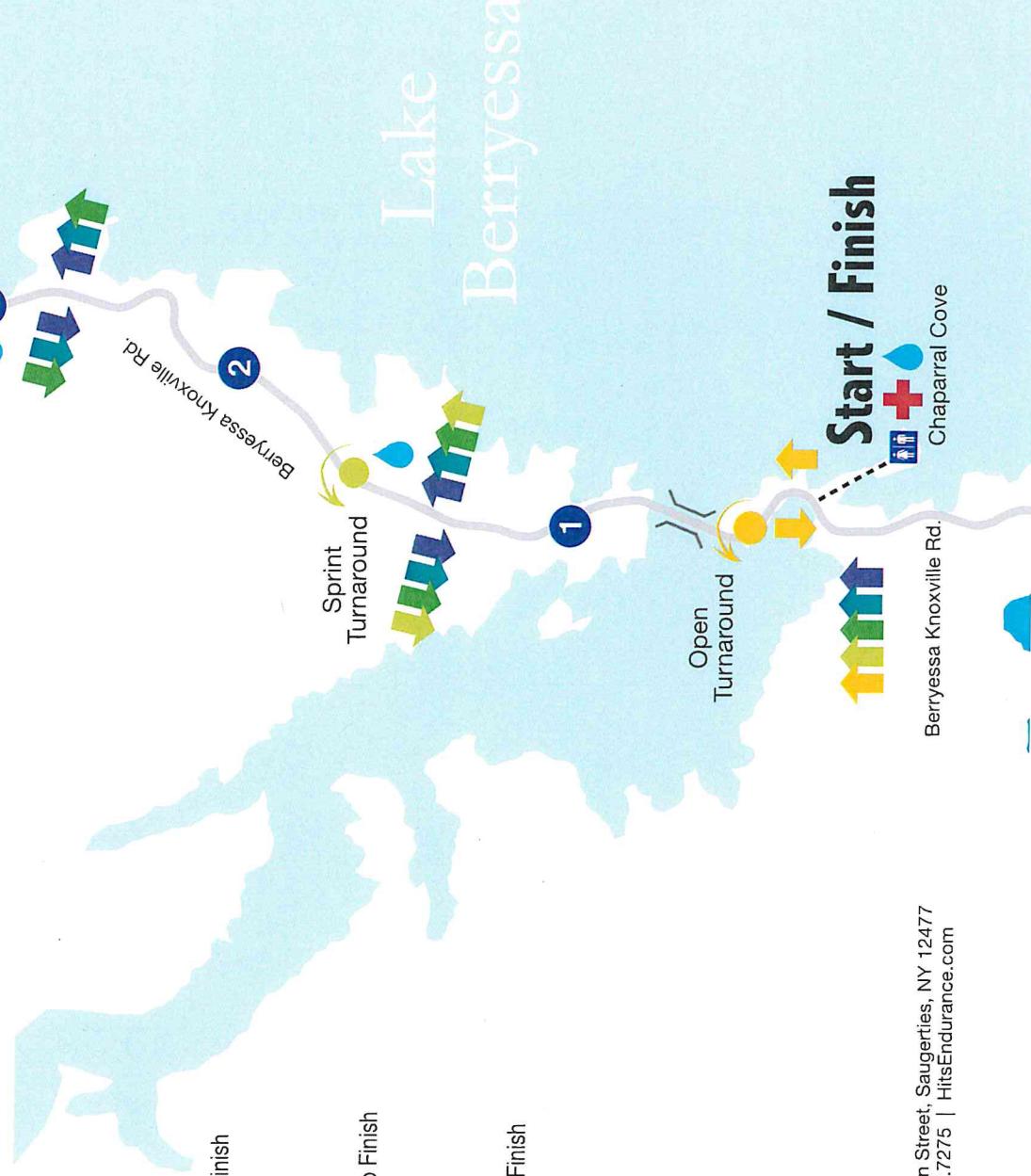


Napa Valley, California

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 14, 2019

- 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 14, 2019

- 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: Saturday, April 13, 2019

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

HALF: Saturday, April 13, 2019

- Run: 13.1 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

FULL: Saturday, April 13, 2019

- 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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Berryessa Knoxville Rd.
Chaparral Cove



Napa Valley, California

Bike Course

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



OPEN: Sunday, April 14, 2019

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

SPRINT: Sunday, April 14, 2019

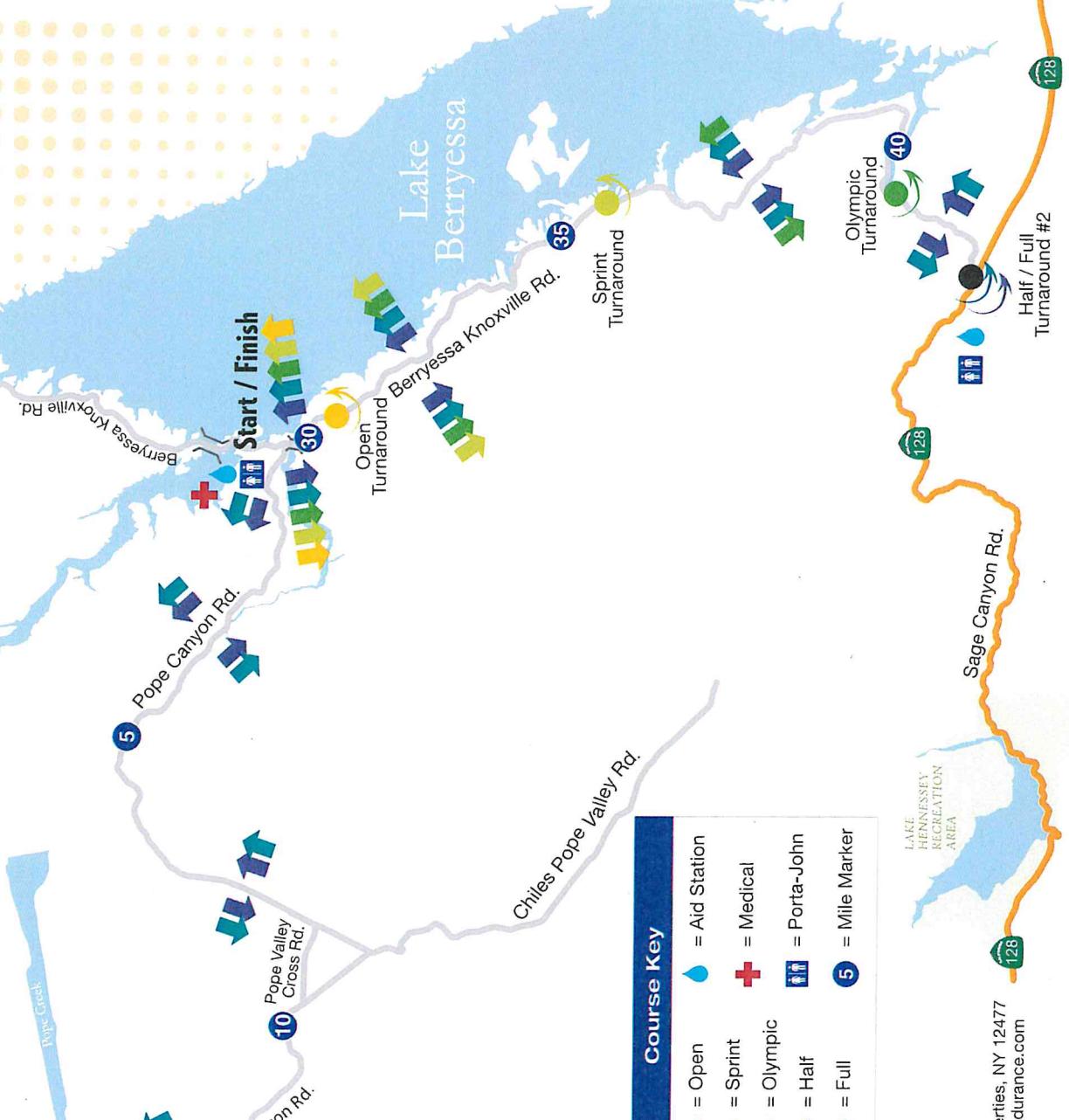
- Bike: 12.4 miles (out-n-back)
 - Exit T1, L onto Berryessa Knoxville Rd.
 - Turn around at 6.2 miles and return on same route to T2

OLYMPIC: Saturday, April 13, 2019

- Bike: 24.8 miles (out-n-back)
 - Exit T1, L onto Berryessa Knoxville Rd.
 - R on Pope Canyon Rd.
 - R on Pope Valley Cross Rd.
 - R on Pope Valley Rd./Butts Canyon Rd. to Turnaround #1 and return on same route toward Chaparral Cove
 - R on Berryessa Knoxville Rd. to Turnaround #2
 - R into Chaparral Cove to T2

FULL: Saturday, April 13, 2019

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



Course Key

	= Open
	= Sprint
	= Olympic
	= Half
	= Full
	= Mile Marker