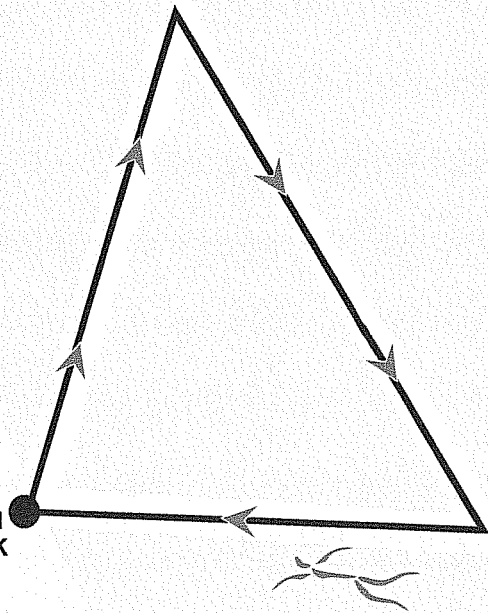


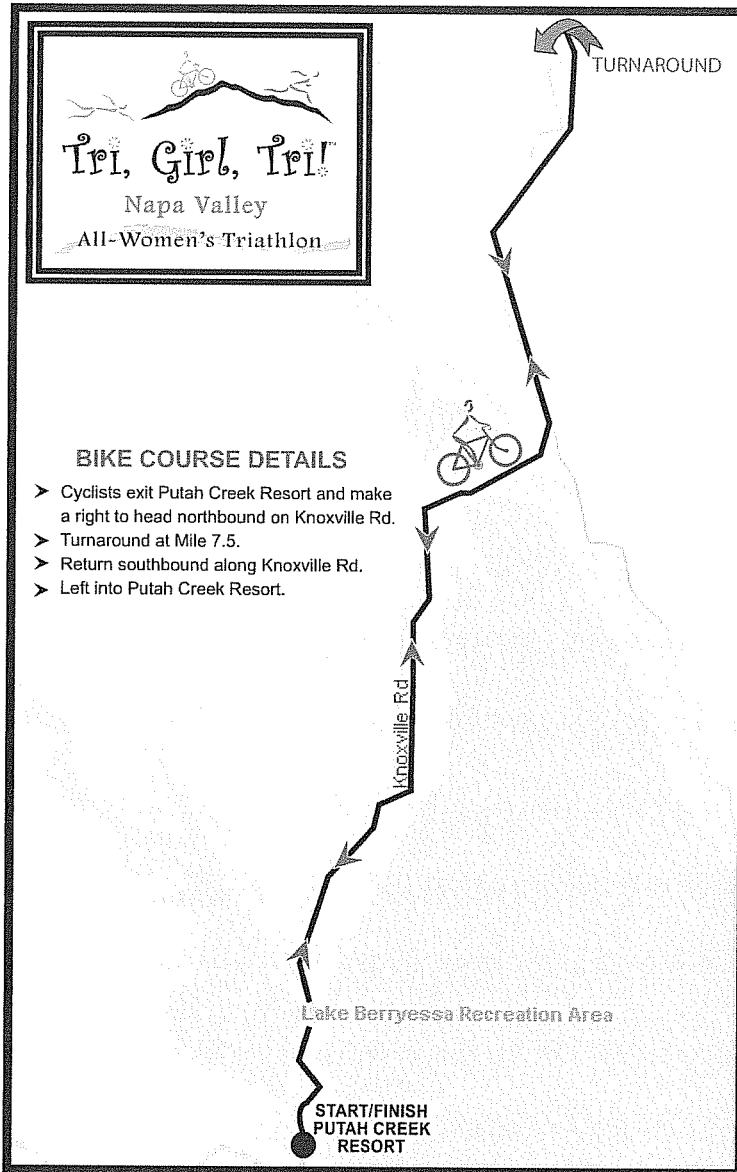
Lake Berryessa Recreation Area

SWIM COURSE DETAILS

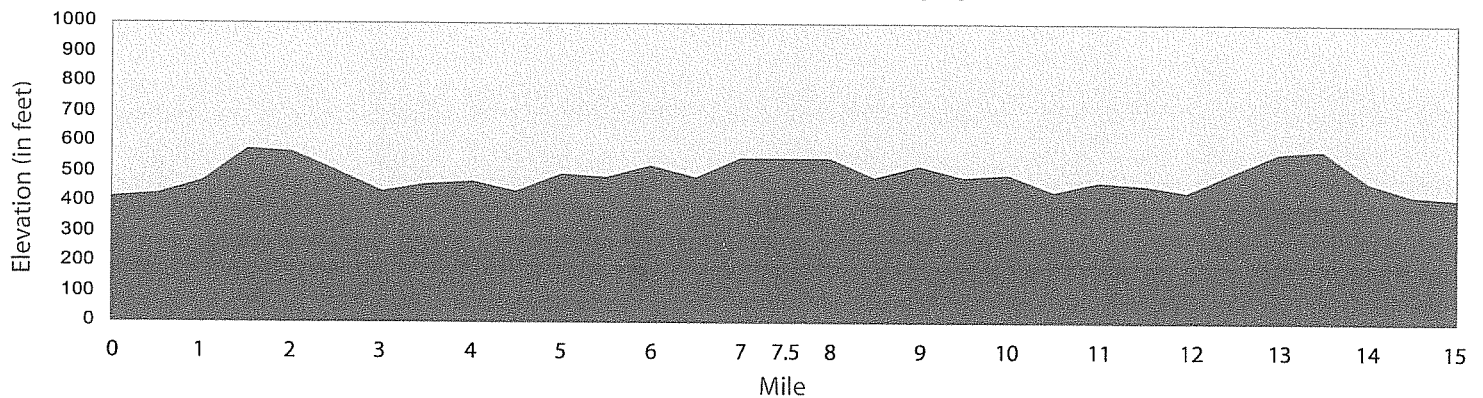
- Swim start organized into self-seeded, ability-based waves of 100 athletes each. (You choose which wave to start with; fastest athletes first!)
- Waves will be spaced approximately three minutes apart.
- Swim course follows a clockwise triangular course marked by buoys.
- Swimmers keep buoys to their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

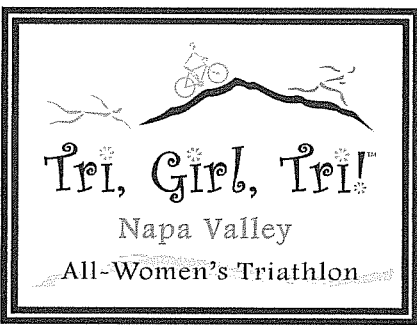
START/FINISH
PUTAH CREEK
BOAT RAMP





Bike Course Elevation Profile





RUN COURSE DETAILS

- Runners exit Putah Creek Resort and make a right to head north on Knoxville Rd.
- Turnaround at Mile 2 and return south along Knoxville Rd.
- Runners stay to their right within the "lake-side" lane of Knoxville Rd. (both out-and-back).
- Left into Putah Creek Resort to Finish.

Run Course Elevation Profile

