



2008 Course Design

Event distances:

Swim – 0.5-mile Mountain Bike – 12.62-mile Trail Run – 5.29-mile

Start at swim beach

Swim 0.5-mile (1 lap)

Lap #1 Total Miles

0.5-mi.	0.5-mi.	Swim out and around the buoys in counter-clockwise direction, swimmers exit at the beach and run approx. 200-yds. to the Transition Area. <i>(Aid Station #1 @ Transition Area)</i>
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Transition Area (swimming to biking)

Mountain Bike (12.62-miles: 12.53-miles on trail & 0.09-miles on road – 2 laps)

Lap #1 Total Miles

0.17-mi	0.17-mi	Bike W on Mulladay Hollow Trail to Road Jct.
0.03-mi	0.20-mi	Bike S on Road to Miner’s Rock Trailhead
1.57-mi	1.77-mi	Bike W on Miner’s Rock Trail to Spur Rd #1
0.94-mi	2.71-mi	Continue on Miner’s Rock Trail to Spur Rd #2 <i>(Aid Station #2 @ Spur Road #2)</i>
0.61-mi	3.32-mi	Bike E on Miner’s Rock Trail to Road
0.06-mi	3.38-mi	Bike N on Road to Spur Road Jct. #1
0.10-mi	3.48-mi	Bike S on Spur Road to Leatherwood Trail Jct. at N end of ball fields
0.78-mi	4.26-mi	Bike S on Leatherwood Trail, around S end of ball fields to the Twin Knobs Trail Jct.
0.43-mi	4.69-mi	Bike N on Leatherwood Trail to the Transition Area <i>(Aid Station #3 at Transition Area)</i>
Lap #1 Total: 4.69-mi		

Lap #2 Total Miles

0.13-mi	0.13-mi	Bike N from Transition Area to Beacham Trailhead
0.04-mi	0.17-mi	Bike N on Beacham Trail to Overlook Trail Jct.
0.28-mi	0.45-mi	Bike NW on Overlook Trail to Spur Jct. #1
0.12-mi	0.57-mi	Continue on Overlook Trail to Spur Jct. #2
0.34-mi	0.91-mi	Bike NW on Overlook Trail to Spur Jct. #3
0.54-mi	1.45-mi	Continue on Overlook Trail to Beacham Jct.
0.09-mi	1.54-mi	Bike S on Beacham Trail to Point Camp Jct.
0.13-mi	1.67-mi	Continue on Beacham Trail to Fuller Spur
0.02-mi	1.69-mi	Bike E on Fuller Spur to Fuller Trail

Lap #2	Total Miles	
0.38-mi	2.07-mi	Bike N on Fuller Trail to Point Camp Jct.
0.38-mi	2.45-mi	Continue on Fuller Trail to Beacham Jct.
0.09-mi	2.54-mi	Bike N on Beacham Trail to Dam
0.12-mi	2.66-mi	Bike E on Beacham Trail across the Dam
1.51-mi	4.17-mi	Bike S on Beacham Trail to Hyde Hollow Trail Jct. <i>(Aid Station #4 at point W of Quarry)</i>
0.29-mi	4.46-mi	Bike S on Hyde Hollow Trail to Twin Knobs Trail Jct.
0.33-mi	4.79-mi	Bike E on Twin Knobs Trail to Bench Loop Jct. #1
0.67-mi	5.46-mi	Continue on Twin Knobs Trail to Bench Loop Jct. #2
0.12-mi	5.58-mi	Bike S on Twin Knobs Trail to Twin Knobs TH south <i>(Aid Station #5 @ Trail Head)</i>
0.52-mi	6.10-mi	Continue on Twin Knobs Trail to Bench Loop Trail Jct. #3
0.36-mi	6.46-mi	Bike S on Twin Knobs Trail to Bench Loop Trail Jct. #4
0.73-mi	7.19-mi	Bike S on Bench Loop Trail to Twin Knobs Trail Jct. #1
0.01-mi	7.20-mi	Continue on Bench Loop Trail to Twin Knobs Trail Jct. #2
0.30-mi	7.50-mi	Bike W on Twin Knobs Trail to Leatherwood Trail Jct.
0.43-mi	7.93-mi	Bike N on Leatherwood Trail to Transition Area
Lap #2 Total:	7.93-mi	<i>(Aid Station #6 @ Transition Area)</i>

Lap #1: 4.69-mi
Lap #2: 7.93-mi
Bike Total: 12.62-mi

Transition Area (biking to running)

Trail Run (5.29 miles: 5.20 miles on trail & 0.09 miles on road)

Lap #1	Total Miles	
0.14-mi	0.14-mi	Run N from Transition Area to Beacham Trailhead
0.04-mi	0.18-mi	Run N on Beacham Trail to Overlook Trail Jct.
0.28-mi	0.46-mi	Run NW on Overlook Trail to Spur Jct #1
0.89-mi	1.35-mi	Run W on Spur trail to Mulladay Hollow Trail Jct.
0.12-mi	1.47-mi	Run E on Mulladay Hollow Trail to Road <i>(Aid Station #7 at Mullady Hollow/Road Jct.)</i>
0.03-mi	1.50-mi	Run S on Road to Miner's Rock Trailhead
1.57-mi	3.07-mi	Run W on Miner's Rock Trail to Spur Road #1 <i>(Aid Station #8 at Miner's Rock/Spur Road #1 Jct.)</i>
0.94-mi	4.01-mi	Continue on Miner's Rock Trail to Spur Road #2 <i>(Aid Station #9 at Miner's Rock/Spur Road #2)</i>
0.61-mi	4.62-mi	Run E on Miner's Rock Trail to Road
0.06-mi	4.68-mi	Run N on Road to Spur Road #2
0.18-mi	4.86-mi	Run NE on Spur Road #2 to Twin Knobs Trail Jct.
0.19-mi	5.05-mi	Run N on Leatherwood Trail to Beacham Trail Jct.
0.24-mi	5.29-mi	Run N on Beacham Trail to Transition Area
Run Total:	5.29-mi	<i>(Aid-Station #10 at Transition Area/Finish Line)</i>