

# HALFMAX CHAMPIONSHIP

## COURSE DESCRIPTIONS

### Swim Course 1.2M, 500Yd & .6M:

The swim course is located in Innsbrook's Aspen Lake. The 500 yard loop for the Sprint, .6 mile loop for Quartermax and two .6M loops HalfMax will start and finish at Lionshead Beach and will travel in a counter-clockwise direction. Water temperatures in Aspen Lake vary during the summer months and are expected to range between 74-80 degrees (water temperature will be taken the morning of the race to determine if wetsuits can be worn). Athletes will start in waves. Certified water safety personnel will be monitoring the course with canoes and rescue craft.

### Bike Course 54M, 27M & 19M:

The bike course consists of one 19 mile loop for Sprint, one 27 mile loop for Quartermax, and two 27 mile loops for HalfMax containing rolling hills. Once outside the resort, athletes will ride on the gently rolling roadways of Warren County. Although these roads are lightly traveled, they will be open to traffic, therefore, appropriate caution should be used at all times. The course will be well marked and intersections will be staffed with law enforcement officers or volunteers as needed. There will be 2 Aid stations on the course. Be sure to carry two bottles on your bike.

### Run Course 13.1M, 6.5M & 3.4M:

The 3.4 mile Sprint run course and 6.5 mile QuarterMax are one lap format while the 13.1 mile HalfMax run course features a two lap format, all within the confines of Innsbrook Resort. The scenic hills make for a challenging and scenic course. Each course will have sections of pavement and hard packed gravel. Because of these gravel sections on this course, racing flats are not recommended. Aid stations will be located at approximately every 1.5M and will be stocked with water, Hammer HEED-sports drink (by Hammer Nutrition), ice, & Hammer Gels.

Please note: USAT rules will be enforced on all courses.

# TRANSITION AREA & FINISH

