



2026 GATES OF YELLOWSTONE TRIATHLON

ATHLETE GUIDE



**SATURDAY, AUGUST 1, 2026
CODY, WYOMING**

Start Here

Please review this guide before race morning. The course is held on open roads and mixed surfaces, so knowing your route and turnaround is part of being race-ready.

Race Location

Transition: Shirley's Pond, Cody, Wyoming
[Open the transition location in Google Maps](#)

Packet Pickup

WHEN	WHERE
Friday, July 31 4:00-6:00 PM	Cody Recreation Center 1402 Heart Mountain St. Cody, WY 82414
Race Morning 5:30-7:00 AM	At transition - Shirley's Pond

Race Morning Schedule

TIME	EVENT
5:45 AM	Transition opens
7:00 AM	Transition closes
7:00 AM	Half Distance start
7:30 AM	Olympic start
8:15 AM	Sprint start
11:30 AM	Awards ceremony

Race Day Essentials

PARKING

Parking at transition is limited. Park along Lower South Fork Road facing NORTH. Do not block driveways or traffic.

OPEN ROADS

Roads are not closed. Traffic is expected to be light, but athletes must remain alert and follow volunteer directions.

CHIP TIMING

Chip timing is provided this year. Wear the chip as instructed at packet pickup.

NO BODY MARKING

Body marking is not required for the 2026 event.

TRANSITION

Transition is open from 5:45 AM to 7:00 AM. Two portable toilets are available at transition.

SWIM

Wetsuits are legal. The swim is counter-clockwise. Cap colors are blue, black, and white; distance assignments will be announced.

BIKE

This is a non-drafting event. Ride to the right except when safely passing, and follow USAT equipment rules.

AID STATIONS

Aid stations will provide water and Gatorade.

AWARDS

Awards begin at 11:30 AM: overall male and female in each distance, plus top age-group awards.

Course Overview

DISTANCE	SWIM	BIKE	RUN
Sprint	750 m 1 triangle lap	12.4 mi 507 ft	3.1 mi 91 ft
Olympic	1,500 m 2 triangle laps	24.9 mi 1,066 ft	6.1 mi 169 ft
Half	1.2 mi 2 diamond laps	55.5 mi 2 loops / 2,419 ft	13.1 mi 2 loops

Course Maps

The following pages use the race's Strava maps and elevation profiles. Review the official course page for route links and updates:

[Official Gates of Yellowstone Course Maps](#)

IMPORTANT: Athletes are responsible for knowing their course, turnaround, and lap count.



Sprint Swim

DISTANCE
750 m

LAPS
1

DIRECTION
Counter-clockwise



- Complete one lap of the orange buoy triangle.
- Start and finish at Shirley's Pond.
- Wetsuits are legal.
- Follow safety personnel and volunteer instructions.
- Swim-cap distance assignments will be announced before race day.

Sprint Bike

DISTANCE
12.4 mi

GAIN
507 ft

TURNAROUND
Yellow cone



OPEN ROADS - ride right, pass safely, and listen to volunteers.

1. Turn right onto Lower South Fork Road.
2. Turn left at the first cone.
3. Turn right onto Upper South Fork Road.
4. Turn around at the YELLOW cone.
5. Continue straight uphill past Lower South Fork Road - do not return the way you came.
6. Continue on South Fork Highway to the BIKE FINISH sign, then descend to transition.

Sprint Run

DISTANCE
3.1 mi

GAIN
91 ft

AID
Miles 0.4 & 1.5



1. Turn left onto Lower South Fork Road.
2. Continue past transition and onto the lake trail.
3. Run to the YELLOW cone turnaround and aid station.
4. Return to the finish.

Olympic Swim

DISTANCE
1,500 m

LAPS
2

DIRECTION
Counter-clockwise

Olympic Swim



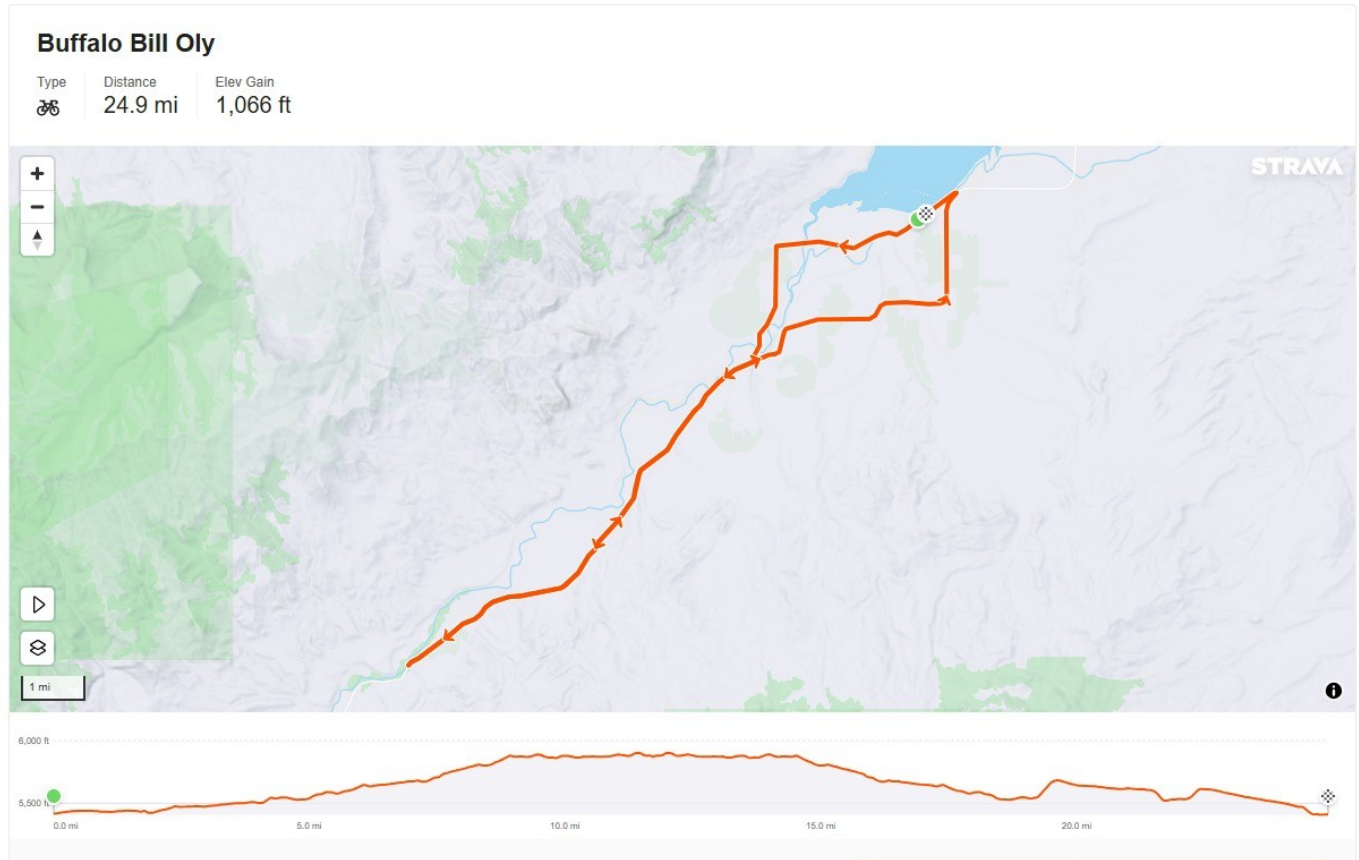
- Complete two laps of the orange buoy triangle.
- Start and finish at Shirley's Pond.
- Wetsuits are legal.
- Keep the buoys on the designated side and follow safety personnel.
- Count both laps before exiting the water.

Olympic Bike

DISTANCE
24.9 mi

GAIN
1,066 ft

TURNAROUND
Orange cone



OPEN ROADS - this is a non-drafting course.

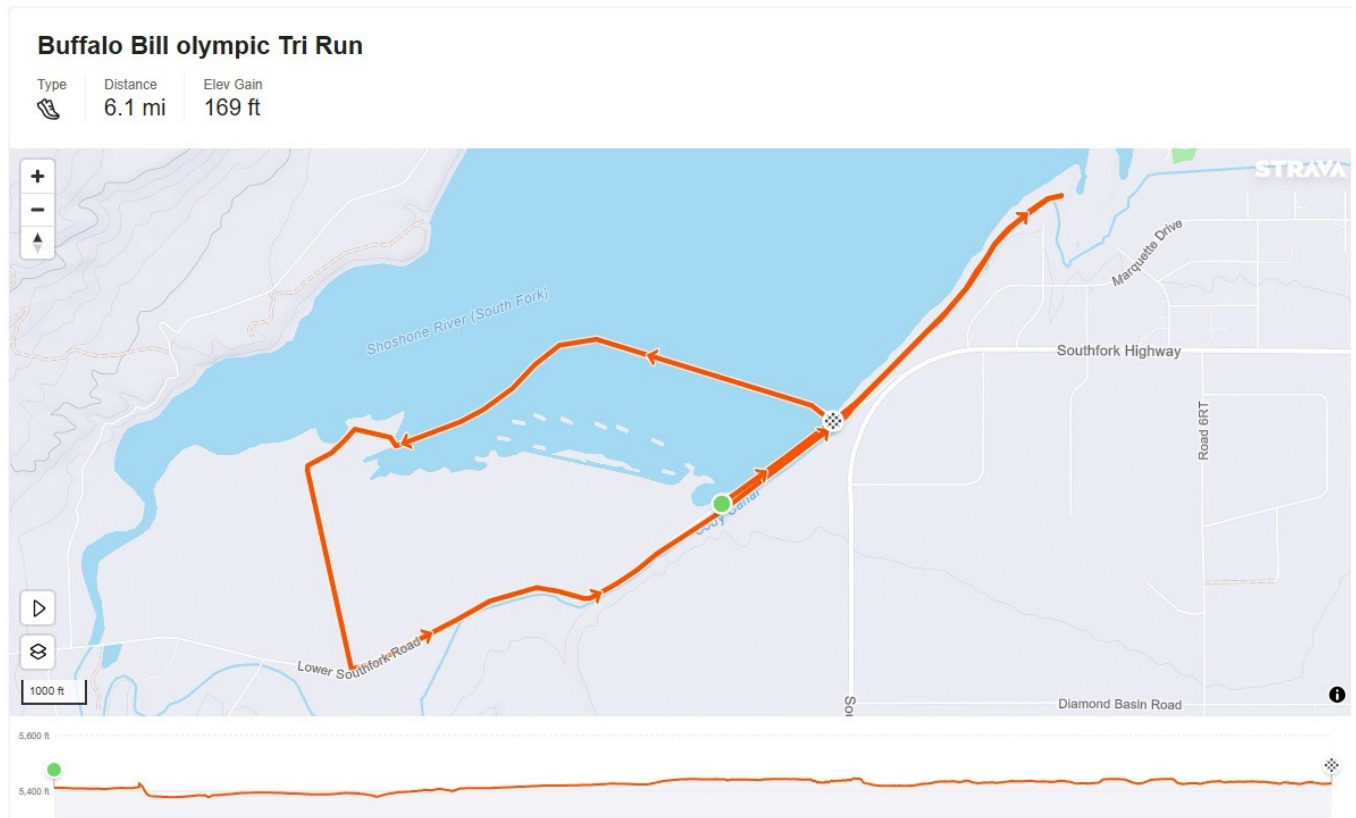
1. Turn right onto Lower South Fork Road.
2. Turn left at the first cone.
3. Turn right onto Upper South Fork Road.
4. Turn around at the ORANGE cone.
5. Continue straight uphill past Lower South Fork Road - do not return the way you came.
6. Continue on South Fork Highway to the BIKE FINISH sign, then descend to transition.

Olympic Run

DISTANCE
6.1 mi

GAIN
169 ft

AID
0.4 / 1.5 / 3.0 / 4.2



The Olympic course includes pavement, gravel, and a short technical trail section.

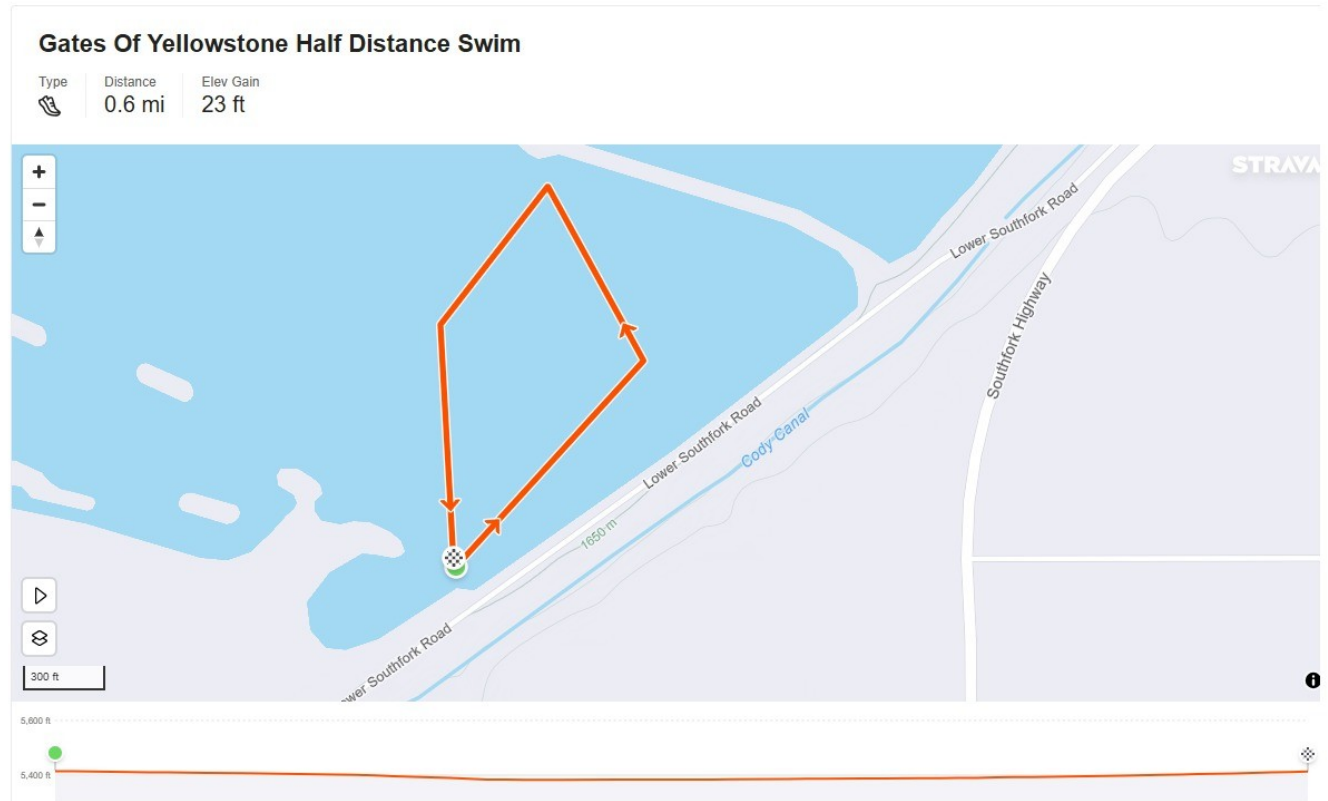
1. Turn left onto Lower South Fork Road and continue past transition onto the lake trail.
2. Pass the YELLOW cone and first aid station.
3. Follow flags through the short technical section.
4. Turn left through the gate onto Shiloh Road.
5. Turn left onto Lower South Fork Road and continue past transition.
6. Turn right onto the Cody Canal Trail and cross Lower South Fork Highway.
7. Continue to the ORANGE cone turnaround.
8. Return along the same route to the finish.

Half Swim

DISTANCE
1.2 mi

LAPS
2

COURSE
Diamond



COUNT YOUR LAPS before exiting the swim.

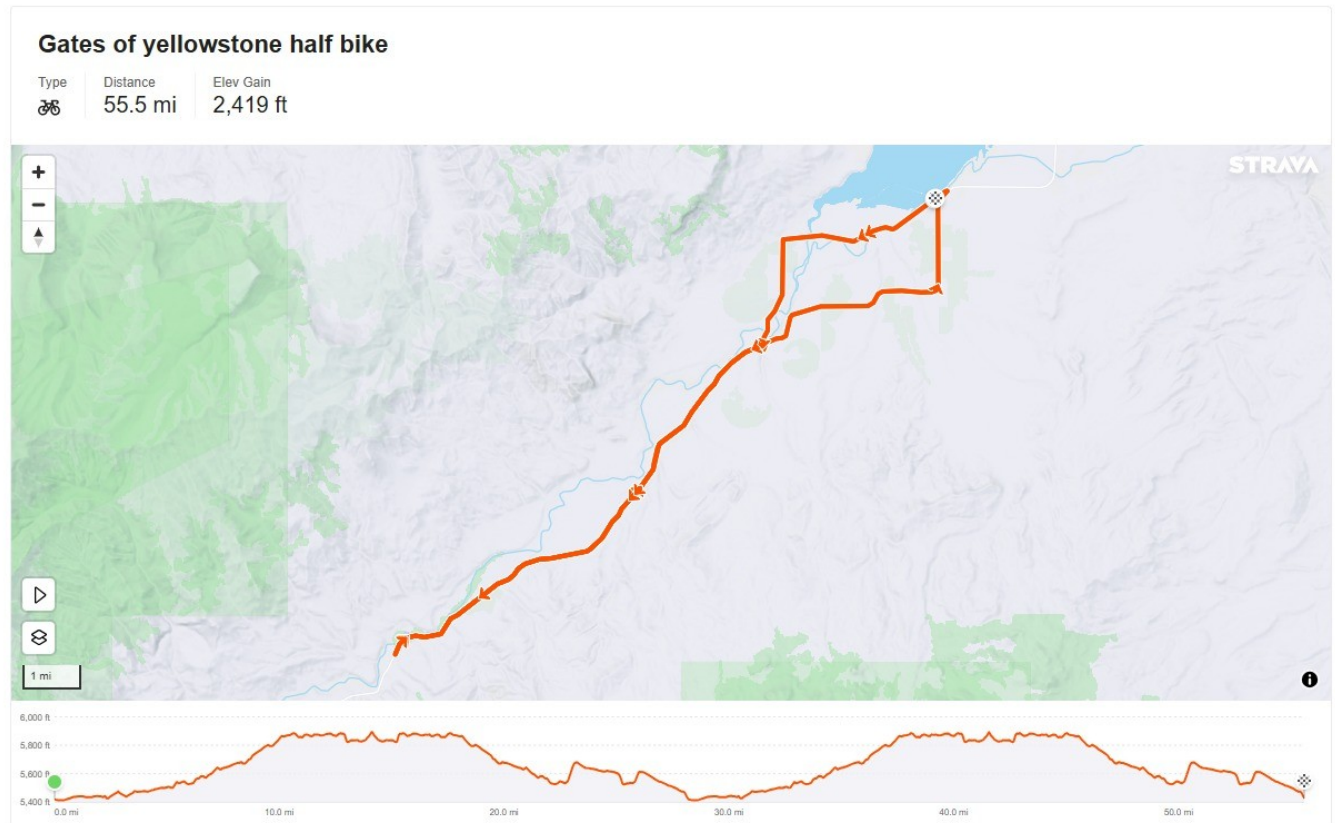
- Complete two counter-clockwise laps of the diamond course.
- The Strava image shows one 0.6-mile lap.
- Start and finish at Shirley's Pond.
- Wetsuits are legal.
- Athletes are responsible for counting both laps.

Half Bike

DISTANCE
55.5 mi

GAIN
2,419 ft

LAPS
2



TWO LOOPS - open roads, non-drafting, and lap counting are athlete responsibilities.

- Follow the Olympic bike route and continue past the Olympic turnaround to the Half turnaround.
- Complete two full loops.
- Aid is available at transition and at the Half turnaround each lap.
- After the second loop, follow BIKE FINISH signage and descend to transition.
- Athletes are responsible for counting their own laps.

Half Run

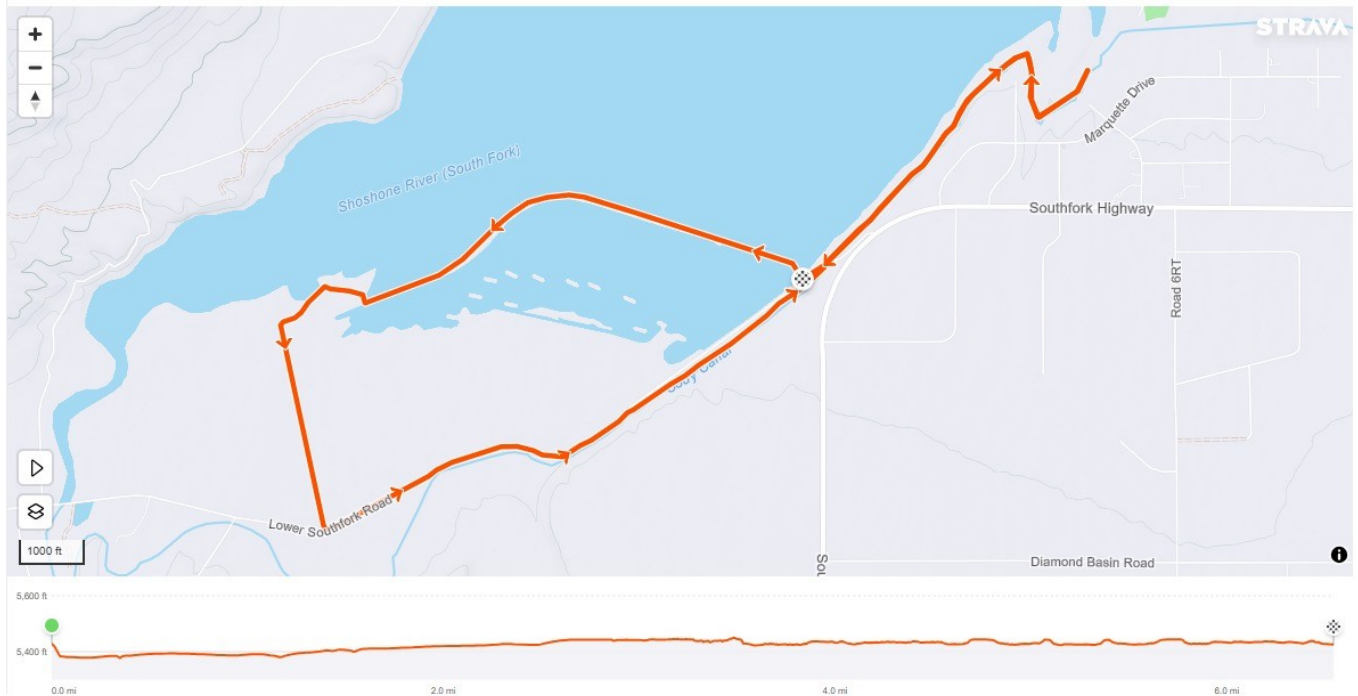
DISTANCE
13.1 mi

LOOP
6.5 mi

LAPS
2

Gates of yellowstone half distance loop

Type	Distance	Elev Gain
	6.5 mi	167 ft



The Strava image shows one 6.5-mile loop. Complete it twice.

- Follow the Olympic run route.
- Continue approximately one-quarter mile beyond the Olympic turnaround to the Half turnaround.
- Complete two full loops before heading to the finish.
- Aid stations are available throughout the course on each lap.
- Athletes are responsible for counting their own laps.

Final Checklist

☐ Timing chip	☐ Swim cap
☐ Goggles	☐ Wetsuit (optional)
☐ Helmet	☐ Bike shoes
☐ Bike bottles	☐ Nutrition
☐ Running shoes	☐ Race belt / bib
☐ Warm clothing	☐ Course knowledge

Final Reminders

- Arrive early enough to park, collect your packet, and set up before transition closes at 7:00 AM.
- Know your course and turnaround before the start.
- Roads are open to traffic.
- Follow volunteer and race-official instructions.
- Half athletes must count their own swim, bike, and run laps.
- Thank the volunteers who make race day possible.



HAVE A SAFE AND GREAT RACE!

[Race website and registration](#)