

Fall Creek Falls Spring Sprint Triathlon

COURSE DETAILS:

Swim

Start will be at the Boat Dock down the hill from the Transition area. We would normally start with a Wave and Age Group, but potentially we may start Time Trial this year. This would mean you would self-seed yourself in line by your expected swim time. Swimmers will swim directly towards the Lodge, around 2 buoys then back to the Finish Arch at the Boat Dock.

Bike

USAT RULE: Helmets must be worn & clipped ANY TIME BIKE IS OFF RACK. Please note to wear clipped helmet any time bike is removed from rack.

Sprint – out of transition, up short hill & 2 quick right turns out onto Rt. 284 - out Rt. 284 to Way Inn, turn-around & back to transition; Remember: Narrow section at beginning and end shares road with runners.

Dismount bike before BIKE DISMOUNT signs & please do not pass the bike dismount signs. After dismounting your bike, walk your bike into the transition area and Rack your bike BEFORE removing your helmet.

Run

Sprint – Exit transition & stay on LEFT side of road, LEFT around circle & continue through Taft Village – left on Main Park Road – stay on side with cones – cross dam & go LEFT across road onto paved bike path passing aid station (Water/Gatorade/Porta Potty) – follow paved path about 3/4th mile to turn-around & return back past aid – RIGHT across Dam, uphill, RIGHT back into Taft Village, up the hill to finish line that is located right next to the Transition. Please have number on front at finish.