

TRANSITION AREA & FINISH

Swim Course 500 yards & .6 Miles:

The swim course is located in Innsbrook's Aspen Lake. The 500 yard loop for Octomax and the .6 mile loop for Quartermax 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 18 & 28 Miles:

The bike course consists of one 18 mile loop for Octomax & one 28 mile loop for Quartermax, beginning on rolling roads of Innsbrook Resort. 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 no aid station on the bike course. Be sure to carry two bottles on your bike.

Run Course 3.1 & 6.2 Miles:

The 3.1 mile Octomax run course is a one lap format while the 6.2 mile Quartermax run course features a two lap format, all within the confines of Innsbrook Resort. The scenic hills make for a challenging course, one worthy of a championship field. The 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 mile and will be stocked with water, Hammer HEED-sports drink (by Hammer Nutrition), ice, Hammer Gels & fruit.

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

