



Course Description

Intermediate Distance Race

Swim 1000 meters

Bike 26.85 miles

Run 5.8 miles

The Swim – 1000 meters

Wetsuit Strongly Recommended – Average morning water temperature during March is 50-65 degrees for this area of the lake. Hypothermia is a risk without a wetsuit.

- The swim course takes place in Canyon Lake starting from the boat dock at the end of transition in Canyon Park.
- The course is a triangle staying primarily in the bay cove area. Swim buoys mark the course.
- The swim is a time trial. Entry into water every 3-5 seconds based on age category and gender.
- A team of lifeguards and kayakers will provide support on the course. Coast Guard support will keep boaters from the area.
- The course has two left turns before heading back to the boat ramp to exit.
- Wetsuits are legal in USAT events for non-Pro participants without penalty in water temperatures up to and including 78 degrees Fahrenheit. Non-pro participants may wear a wetsuit in temperatures between 79-84 degrees but are not eligible for awards. No participants shall wear a wetsuit in temperatures higher than 84 degrees. We will take and announce the water temperature on race morning. The average morning water temperature for Canyon Lake in this cove in March is 50-65 degrees Fahrenheit. The average air temperature for March is 60 degrees with an average range from 49-71 degrees. The lake depth will range from an average of 20 feet to 55 feet at a maximum.

**DEVIL'S
BACKBONE
TXTRI**

Transition

- Located at the top of the boat ramp. Steep incline.
- Transition area will be divided by age groupings and gender.
- Bike out is at the opposite end.
- For safety reasons you must walk your bike into and out of transition. There will be clearly marked mount and dismount lines.
- Listen to race officials in transition. Be courteous of other racers.



The Bike – 26.85 miles

- The course is one loop. The course is a difficult, challenging, FUN course with serious climbs and descents providing gorgeous hill country views. Police officers will be present at all intersections directing traffic and helping to ensure safety. The course contains all right hand turns except when exiting and entering the park.
- No drafting. You must keep at least three bike lengths between you and the cyclist in front of you. If you pass the person in front, you must do so within 15 seconds.
- Stay to the right unless passing a cyclist.
- If someone passes you, allow three bike lengths between you and the cyclist who passed you before attempting to pass. In other words, you have to exit the draft zone from the rear before you attempt to pass.
- **NO HEADPHONES!**

Bike and Helmet Inspections

- There will be no mandatory bike or helmet inspection. Each racer is expected to ensure that his or her bike and helmet is in safe and proper working condition. Bike shop mechanics will be onsite during packet pickup and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar end plugs. You will not be allowed to race without them.
- All participants must wear a helmet that meets or exceeds the safety standards of the Consumer Product Safety Commission. Helmets must be securely fastened before mounting your bike. You can be disqualified for not wearing your helmet.





Bike Course Turn by Turn Directions

- Exit transition at the end furthest away from Canyon Lake taking a right onto Canyon Park Road.
- Turn right staying on Canyon Park Road at the Ranger Station. Stay to the left of the Ranger Station to avoid spikes in road. Switch to the right hand lane after the Ranger Station.
- Turn left onto FM 306.
- Turn right onto 3424.
- Turn right onto FM 32 this will take you along the stretch of road known as Devil's Backbone for the climbs and hill country views.
- Turn right onto Purgatory Road for more amazing views. Immediately prior to this turnoff there is a 1.2 mile stretch with no shoulder and bumps along the right edge. This stretch will be one way but demands caution from the cyclist.
- Turn right on FM 306. Approximately 1 mile after turning off of Purgatory Rd. onto FM 306 there is a very steep decline. You will reach 40+ mph. Take caution while descending. FM 306 traffic can get heavy and fast. We will work with traffic control to make this as safe as possible. It is the cyclist's responsibility to follow the rules of the road.
- Turn left onto Canyon Park Rd. Stay on left side.
- Turn left after Ranger Station staying on Canyon Park Rd. Stay to the right of Ranger Station to avoid spikes in the road.
- Turn left staying on Canyon Park Road into transition area. Bike exit and entrance are on the same end of transition.
- **Caution: This course is technical and hilly. Be aware of traffic on 306. Officers and volunteers will be present on the course.**

BIKE Aid Station

- **The bike course will have one aid station with water.**





The Run – 5.8 miles

The run course is **TWO** loops on the peripheral paved roads within Canyon Park. The park is not open to the public at this time of year so no cars will be in the park. Beautiful views of Canyon Lake and the park exist throughout the run course.

Run Course Turn by Turn Directions

Loop One

- Exit transition from the end closest to Canyon Lake.
- Turn right running along Canyon Lake.
- Turn left onto Canyon Park Rd.
- Turn left into Campground at site 31/32. Run parallel to Canyon Lake.
- Turn left on Canyon Park Rd. at site 105.
- Stay on Canyon Park Rd. Veer left as necessary.
- Turn right immediately prior to Ranger Station onto Canyon Park Rd.

Loop Two

- Bypass turnoff into transition staying straight on Canyon Park Rd.
- Turn left into campground at campsite 31/32. Run parallel to Canyon Lake.
- Turn left onto Canyon Park Rd. at site 105.
- Stay on Canyon Park Rd. Veer left as necessary.
- Turn right immediately prior to Ranger Station onto Canyon Park Rd.
- Turn left onto road leading into transition.
- Stay to right heading towards campsite 30/29. You will be running the reverse of the run start along Canyon Lake.
- Finish line prior to site 6/7.

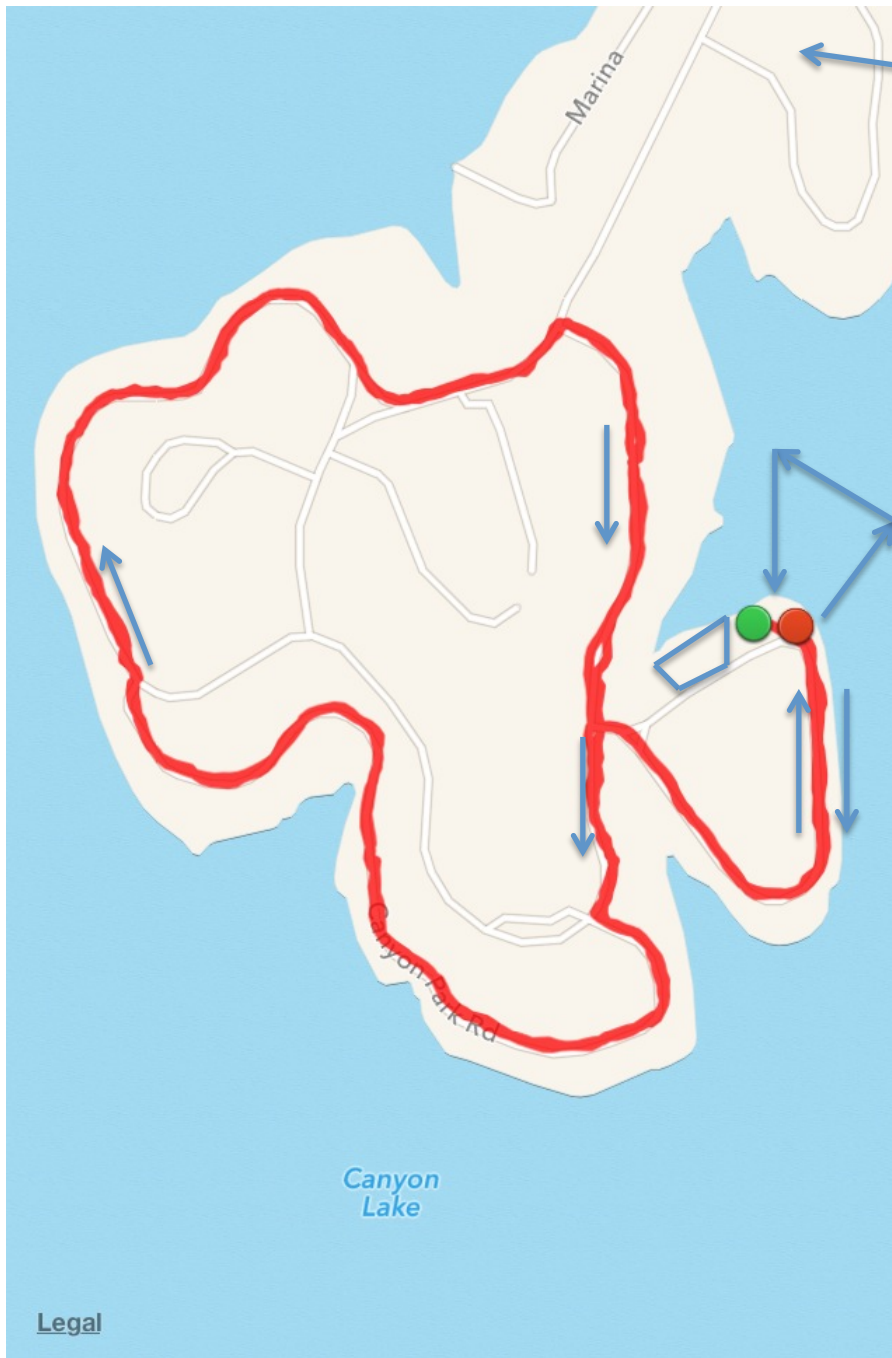
Run Course Aid Stations

- Aid stations will have water and Gatorade.
- Run course and finish line will have aid stations.
- Run course aid station will be located as you are exiting transition onto the course and midway along each loop.

Finish Line

- Water and Gatorade will be provided at the finish line.
- Fruit snacks will be available.

SMIM & RUN



MAPS

Parking



Swim Course: 1000 meters

- Red Dot: Boat ramp entrance for swim
- Triangle swim in cove
- Two left turns
- Green Dot: Boat ramp exit



Run Course: 5.8 miles

- Green Dot: Transition Exit for run course start
- Run the circle twice.
- End of second loop turn left off of loop. Run along left hand side of road.
- Red dot: **Finish Line!**

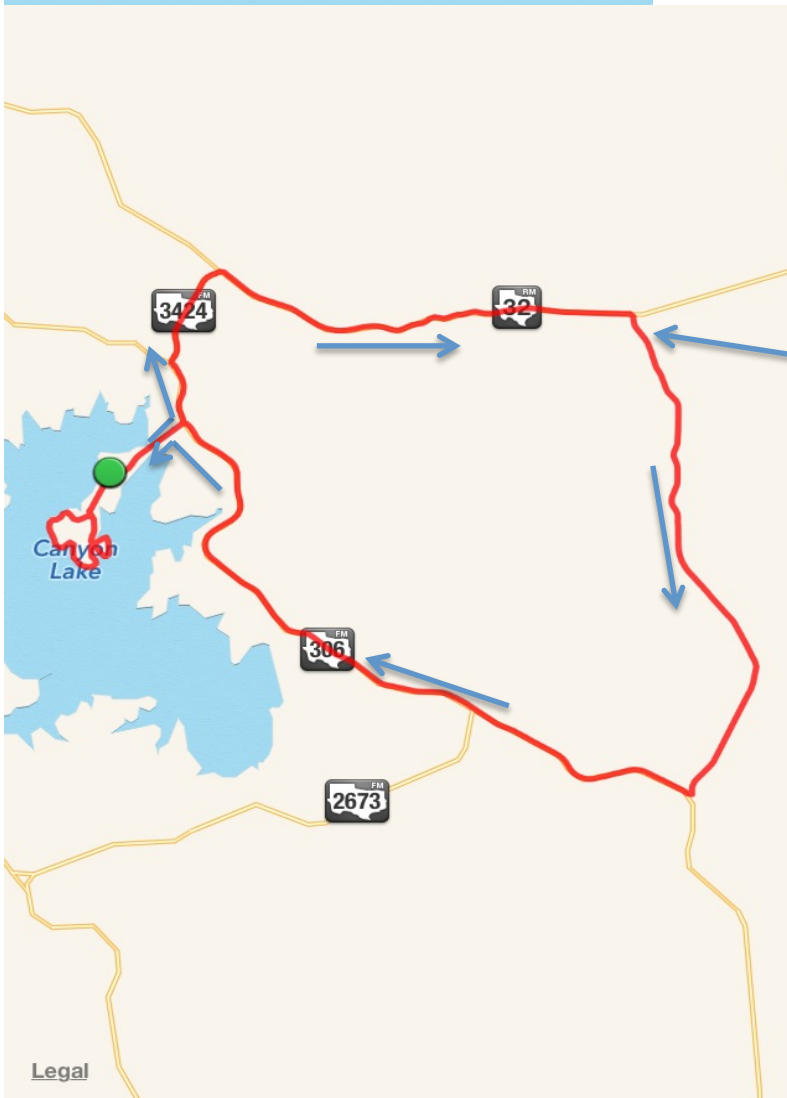
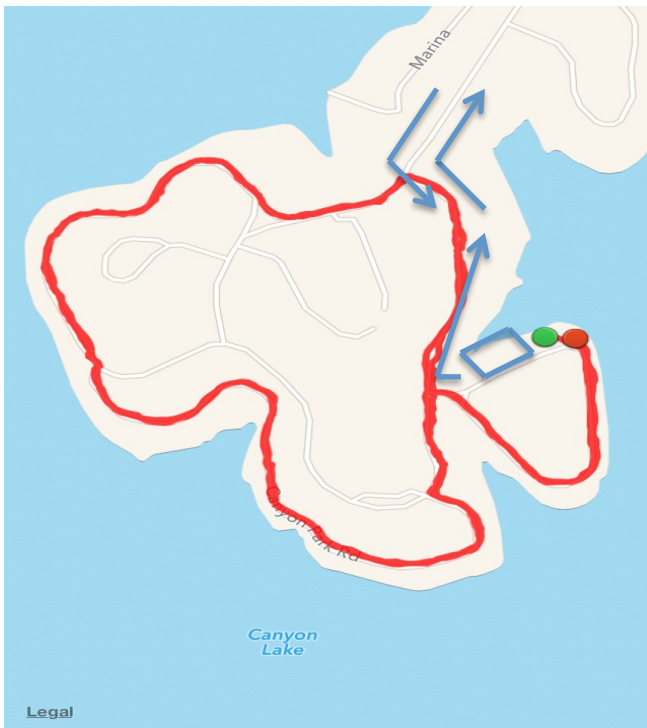
Transition

- Trapezoid area next to green dot
- Exit from swim into transition on right side
- Bike exit and return on left hand side
- Run exit on right hand side

Water Station locations

- Transition exit
- Midpoint of loop

BIKE COURSE: Blue Arrows



MAPS



Bike Course Loop: 26.85 miles

- Exit transition on left side
- Take a right hand turn onto Canyon Park Road.
- Take a right hand turn at the Ranger Station check in.
- Head towards FM 306.
- Left on FM 306.
- Right on FM 3424.
- Right on FM 32. Last 1.2 miles before right hand turn onto Purgatory does not have a shoulder and there are bumps on the right hand side. **BE VERY CAREFUL!** Police will be directing traffic.
- Right hand turn on Purgatory Road.
- Right Hand turn on to FM 306. There is a sharp descent soon after turning onto 306. You will reach 40 mph. **BE CAREFUL! There is a shoulder but traffic can be heavy.**
- Turn left onto Canyon Park Rd.
- Turn left immediately after Ranger Station.
- Turn left into 2nd campground area that leads to transition.

Green Dot on Second Map: Parking