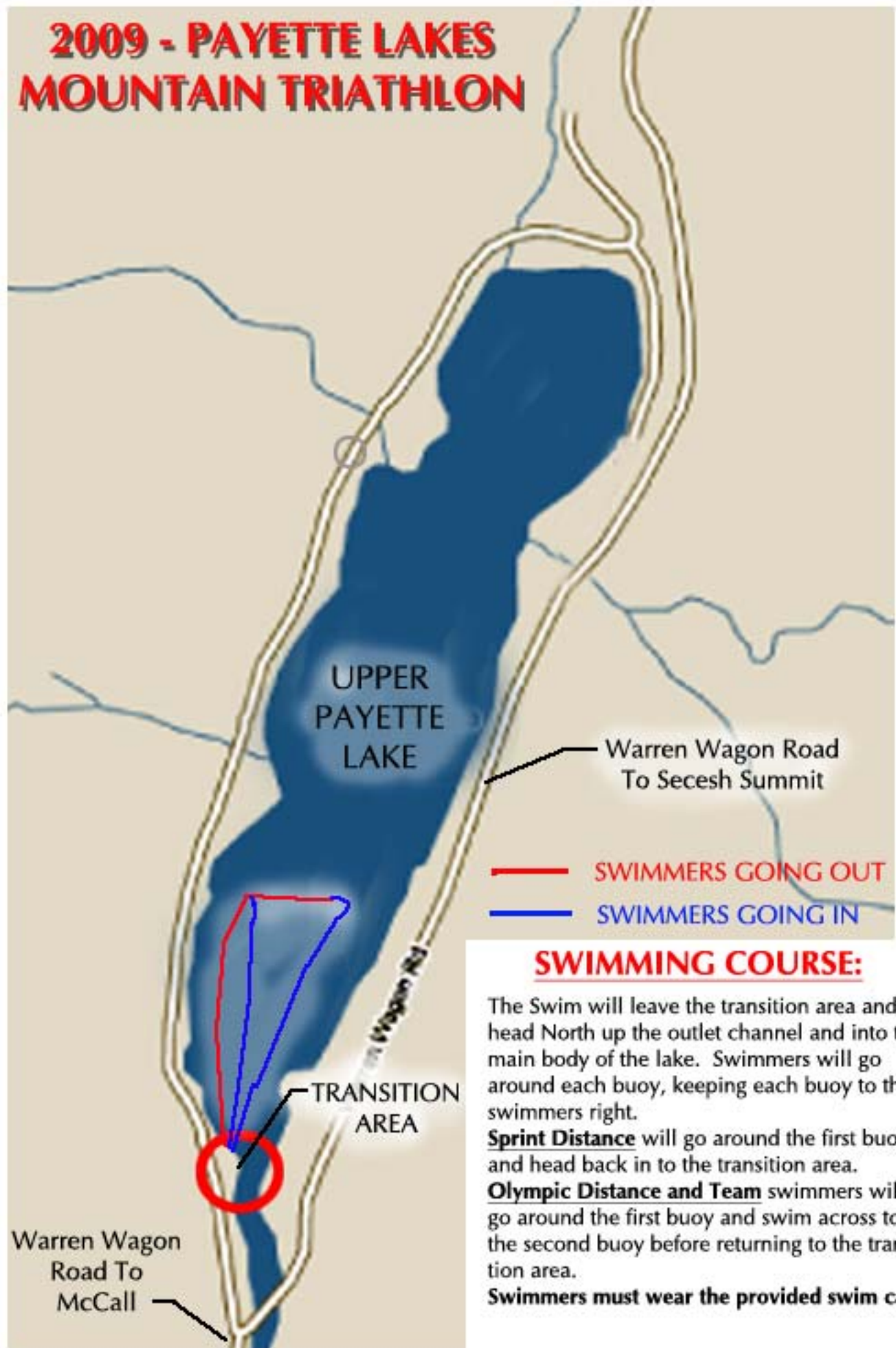


2009 - PAYETTE LAKES MOUNTAIN TRIATHLON



SWIMMING COURSE:

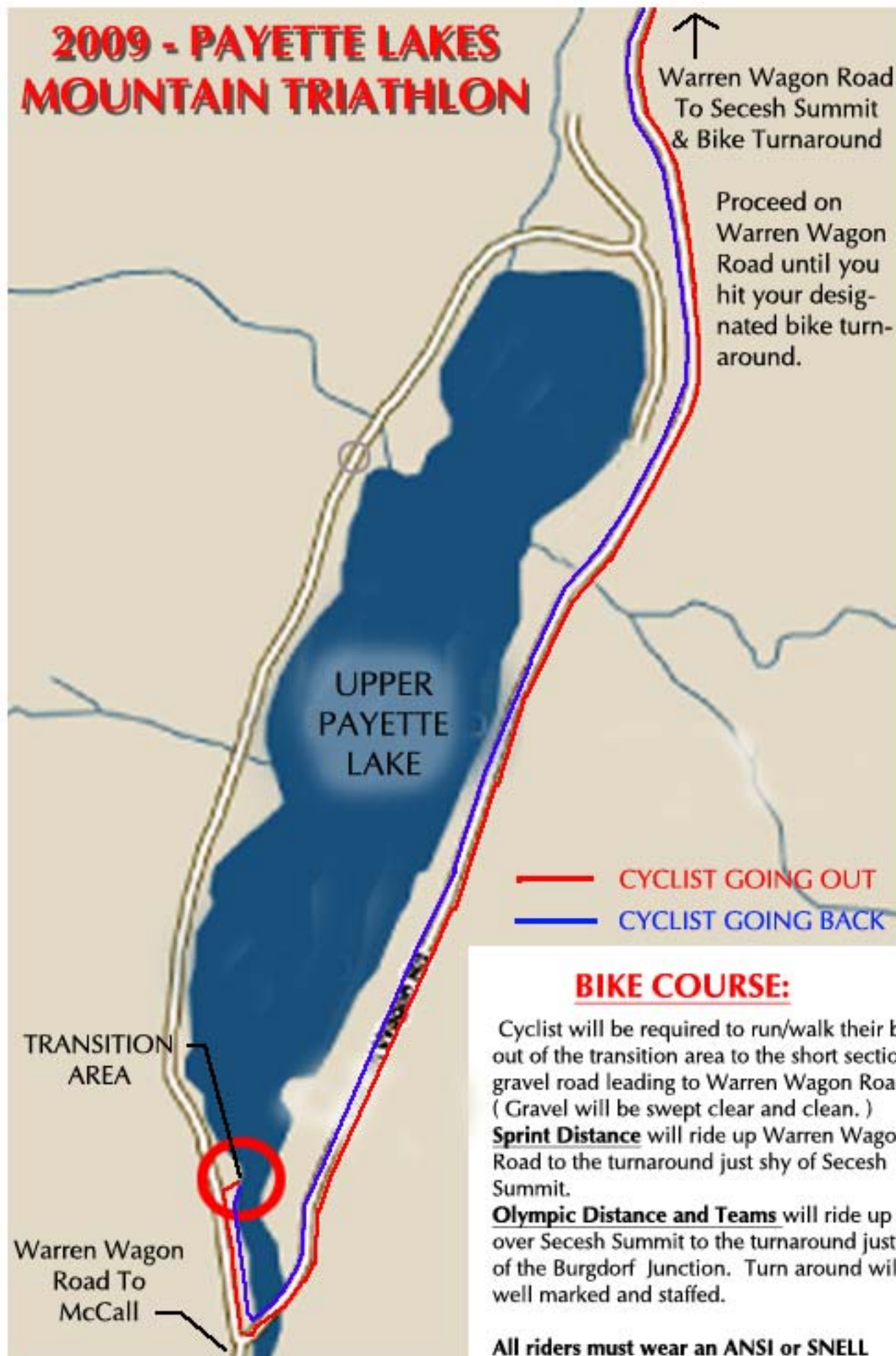
The Swim will leave the transition area and head North up the outlet channel and into the main body of the lake. Swimmers will go around each buoy, keeping each buoy to the swimmers right.

Sprint Distance will go around the first buoy and head back in to the transition area.

Olympic Distance and Team swimmers will go around the first buoy and swim across to the second buoy before returning to the transition area.

Swimmers must wear the provided swim cap.

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BIKE COURSE:

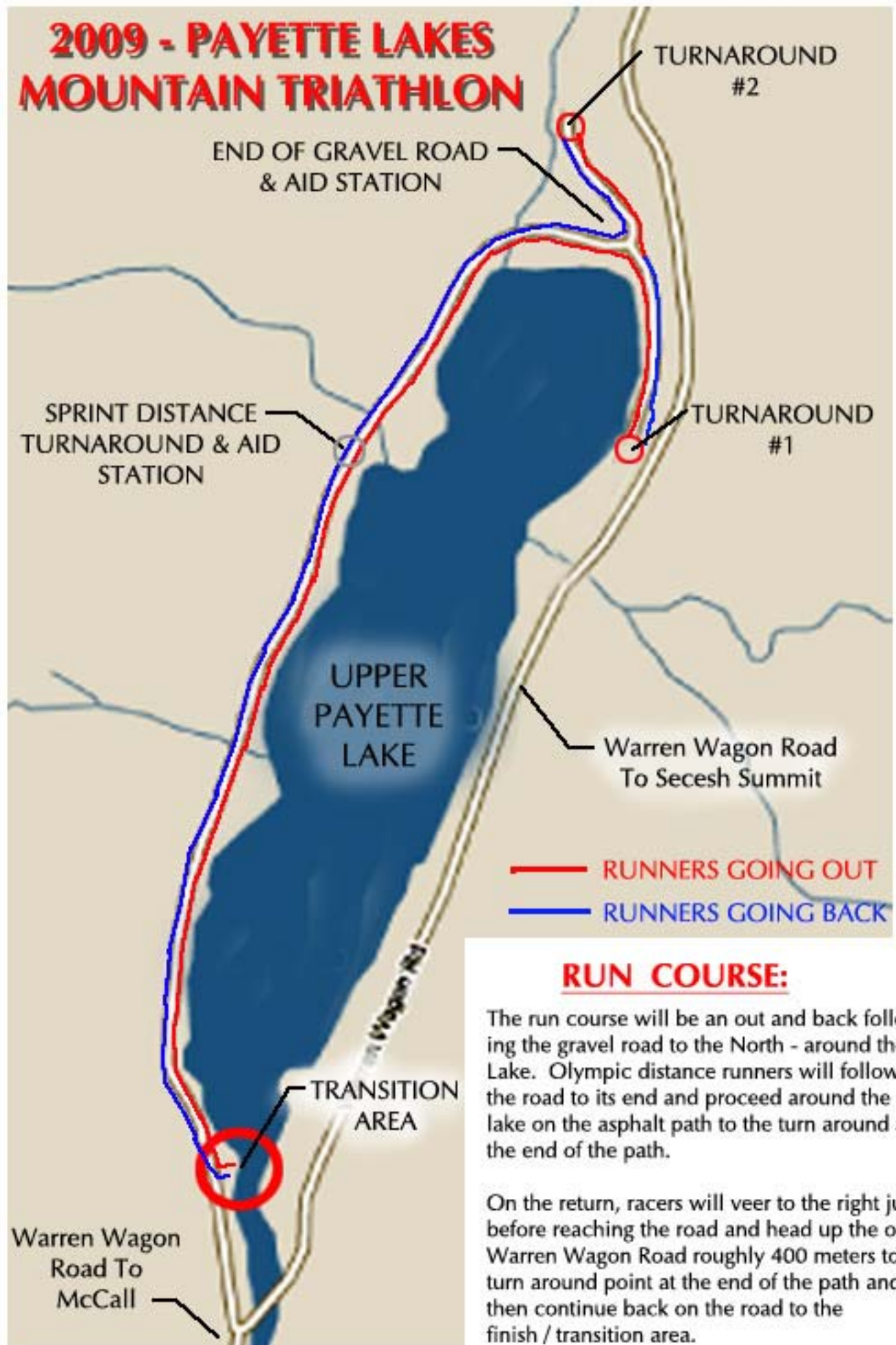
Cyclist will be required to run/walk their bike out of the transition area to the short section of gravel road leading to Warren Wagon Road. (Gravel will be swept clear and clean.)

Sprint Distance will ride up Warren Wagon Road to the turnaround just shy of Secesh Summit.

Olympic Distance and Teams will ride up and over Secesh Summit to the turnaround just shy of the Burgdorf Junction. Turn around will be well marked and staffed.

All riders must wear an ANSI or SNELL approved helmet.

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RUN COURSE:

The run course will be an out and back following the gravel road to the North - around the Lake. Olympic distance runners will follow the road to its end and proceed around the lake on the asphalt path to the turn around at the end of the path.

On the return, racers will veer to the right just before reaching the road and head up the old Warren Wagon Road roughly 400 meters to a turn around point at the end of the path and then continue back on the road to the finish / transition area.

PACKET PICKUP LOCATION
FRIDAY, JULY 31st
4:00 - 8:30 PM

