



AVIA
WILDFLOWER
 TRIATHLONS
 OLYMPIC DISTANCE COURSE

SWIM 1.5 km / 0.93 Miles

Begin at Lynch Ramp. Swimmers will swim in a **CLOCKWISE** direction on a rectangular course, which is marked by buoys every 100 yards.

BIKE 40 km / 24.8 Miles

Watch for Vehicle Traffic
 ⚠ Start directly up Lynch Hill (a very steep climb). ➡ Right on San Antonio Dr and head out of the park to Interlake Rd. ➡ Right onto Interlake Rd. and ⚠ Proceed over rolling hills to the **PowerBar** turn-around point at Mile 12.4. ↻ Return to the park on the same roads, ⚠ Left on to San Antonio Drive. ⚠ Left to head down Lynch Hill and back to the Transition Area. Use extreme caution since roads are open to vehicle traffic. Ride single-file to the right at all times, except when passing (pass on the left only).

RUN 10 km / 6.2 miles

⚠ Start on Shoreline Dr., ⚠ Proceed through 'Beach City' to Harris Creek. Proceed through the campgrounds, past the parking lot and on to San Antonio Dr. ⚠ Proceed on San Antonio Dr. until the 'Beach Hill' intersection. Follow the fire access trail back to the Lynch intersection. Go back on the road and turn ➡ right down Lynch Hill to the finish chute.

AID STATIONS

There are 3 stations on the Bike course, approx. every 3-4 miles. There are 6 stations on the Run course, approx. every 1-1.5 miles. Water and Gatorade Endurance will be at all Aid Stations. PowerBars will be at mile 12.5 on the Bike. PowerBar Gel and Gel Blasts will be available in transitions for the Bike Course. PowerBar and Gel Blasts will be at Run miles 2 and 4. It is strongly recommended that runners carry additional aid with them.