

AMERICAN TRIPLE-T

3-DAYS, 4-TRIATHLONS, 1-EPIC EVENT

American Triple-T Race #4

Bike Course Map

XT: 56 mile – 1 lap loop + out & back

ST: 27.8 mile – 1 lap loop + out & back

DIRECTIONS: Exit transition and follow Park Road 18 to Park Road 3. Go left on Park Road 3 to Park Road 1. Go left on Park Road 1 to Park Road 4. Continue on Park Rd 4 to Freedom Rd. Go right on Freedom Rd to Broadhead Rd. Go left on Broadhead Rd to Old Twenty One Rd. XT goes right and ST goes left. XT continues on Old Twenty One Rd to Salt Fork Rd. Continue on Salt Fork Rd to State Route 258. Continue on State Route 258 to River Road. Go right on River Road to the bike turn around at Gilmore Rd. Reverse your route and follow course back to Broadhead Rd. ST and XT will go south on Old Twenty One Rd to Freedom Rd. Go left on Freedom Rd to Egress Rd and continue on park roads to the transition entrance.

The bike aid stations are at Mile 13.5, Mile 24.5, Mile 31 & Mile 42 with Boom Energy Gel, Water & GATORADE (in bottles), Ice, Cookies, Coke, and Fruit with a neutral table for your special needs bag.



START ELEVATION	MAX ELEVATION	GAIN
901 FT	1152 FT	4593 FT



START ELEVATION	MAX ELEVATION	GAIN
900 FT	1150 FT	2438 FT

