

GRIZZLY TRI PARKING –

Please park in one of the ‘*’ lots – Campus Dr. will be closed. Note: no parking in the UC north lot due to craft fair



To transition

Swimmers start on the half hour (or 20/15 minutes)
in the shallow end. Timers and lap counters
will be provided. NO FOOD on pool deck!

sauna

Lane

position

1	← 1,2,3,4 – circle swim →	→
2	← 1,2,3,4 – circle swim →	→
3	← 1,2,3,4 – circle swim →	→
4	← 1,2,3,4 – circle swim →	→ Deep end
5	← 1,2,3,4 – circle swim →	→
6	← 1,2,3,4 – circle swim →	→
7	← 1,2,3,4 – circle swim →	→

If there are only two swimmers in a lane, the swimmers will have their own side, if there are more than two swimmers, the swimmers will circle swim, staying to the right of the black line in the bottom of the pool

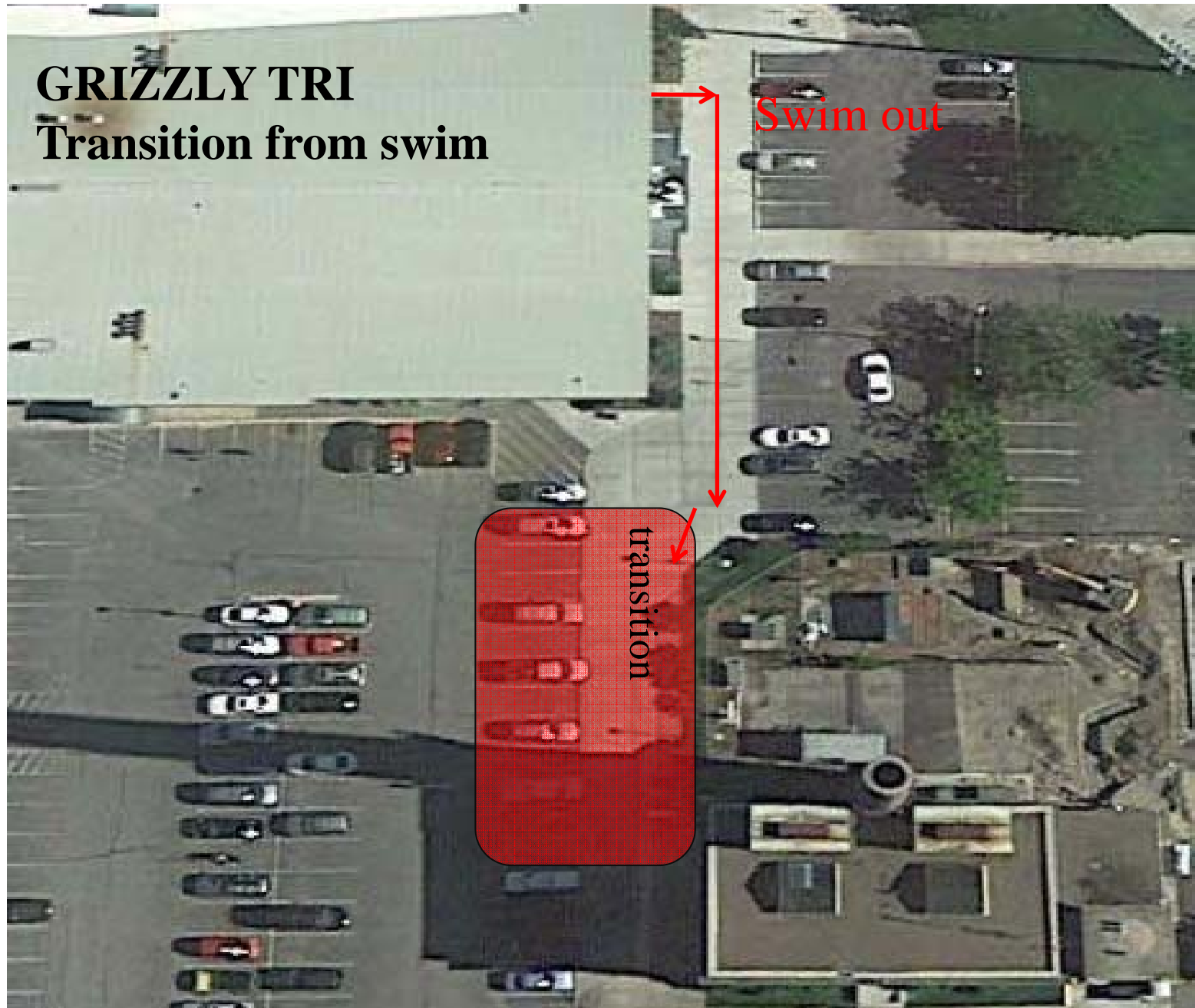
Men's locker room

Pool office

Women's locker room

GRIZZLY TRI

Transition from swim



GRIZZLY TRI Transition/Finish

Run - out

transition

Construction
site

Mount/dismount

FINISH

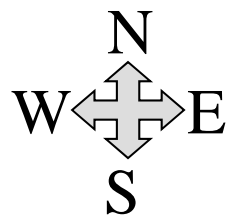
BIKE IN/OUT

Campus Dr

Go

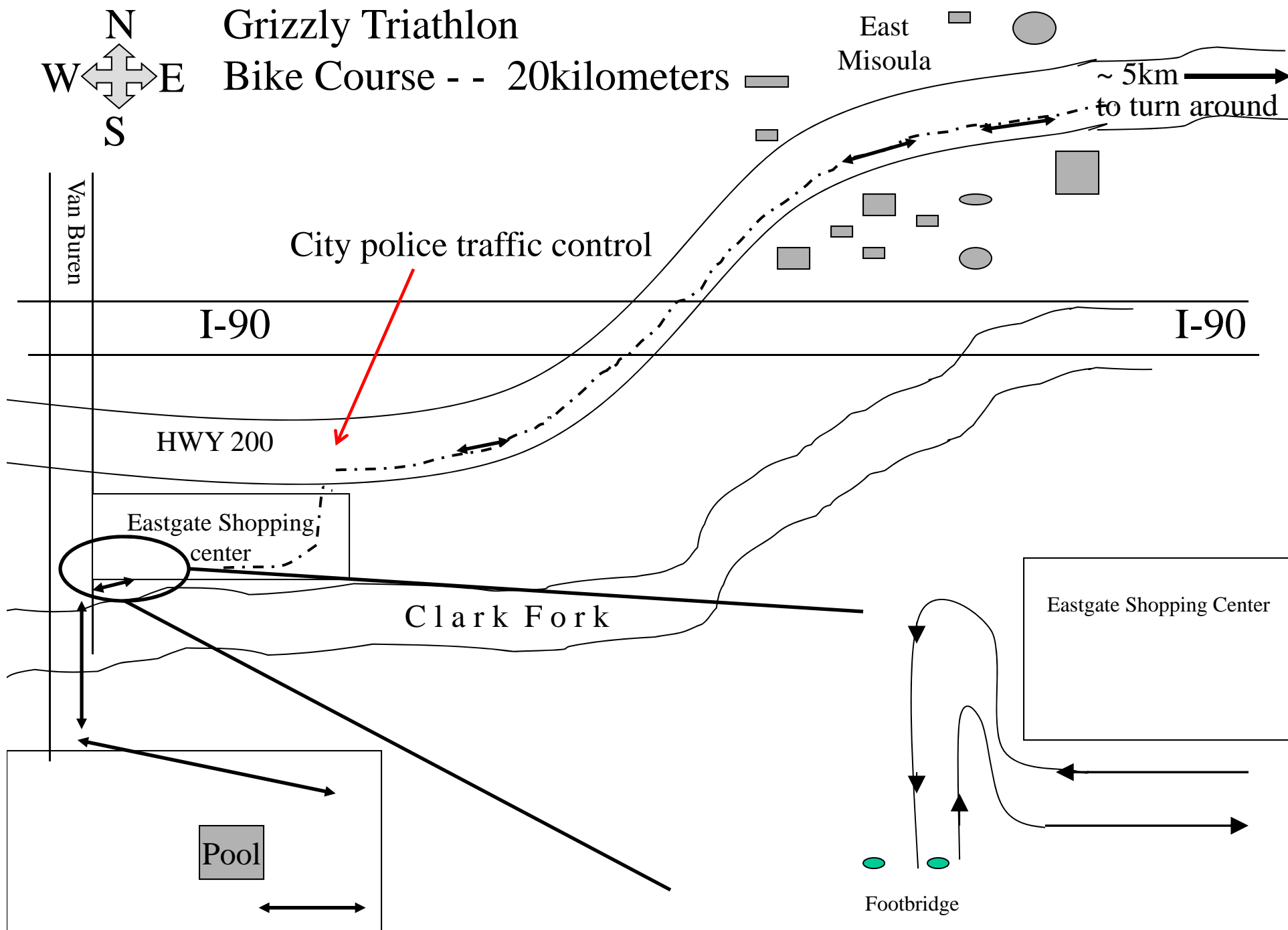
© 2016 Google





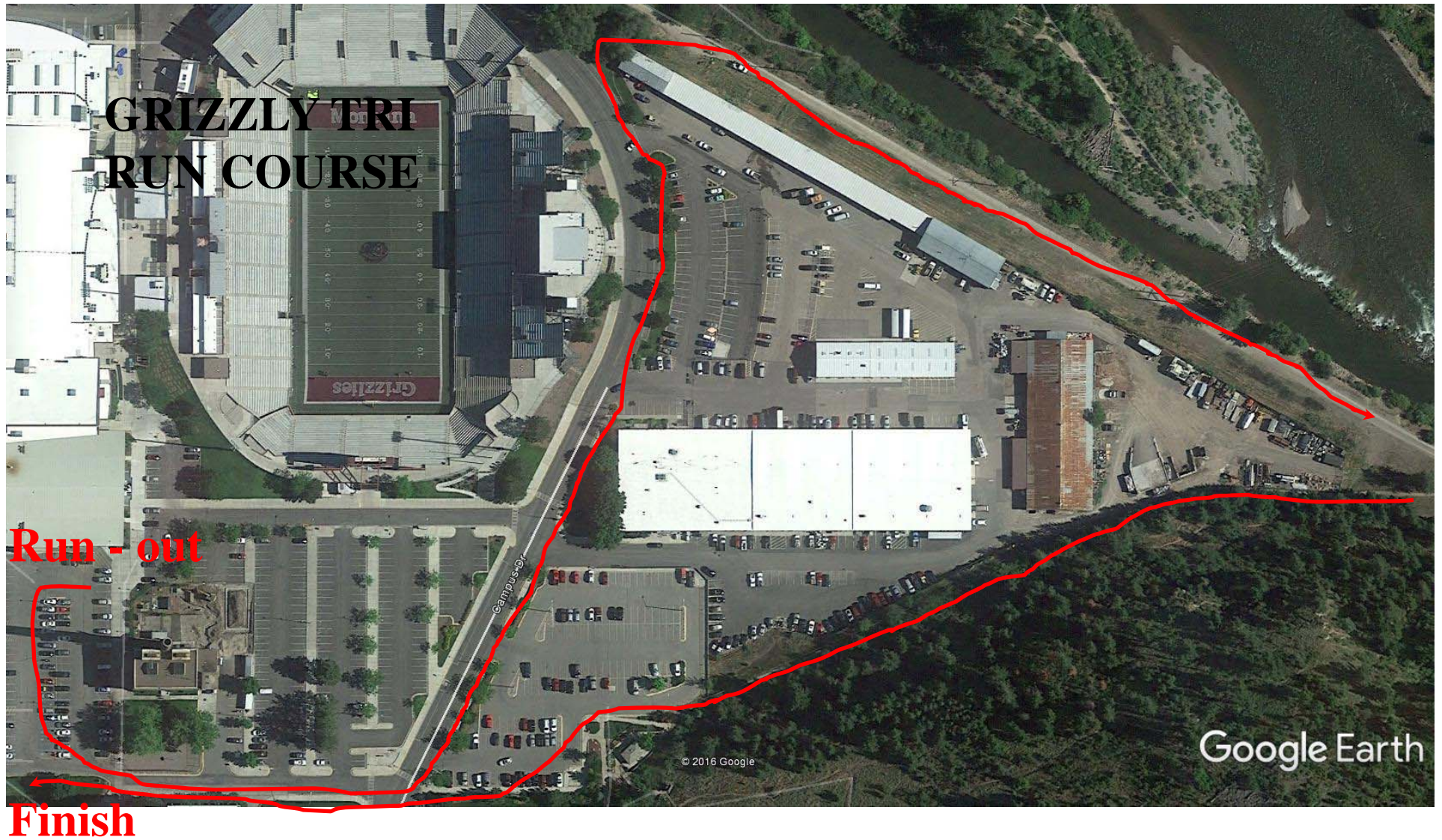
Grizzly Triathlon

Bike Course - - 20kilometers



GRIZZLY TRI BIKE COURSE





This course will go out west from the pool, head north on Campus drive, around the grounds and labor shop and head east on the Kim Williams Trail. ~1.5 km into the race the course will head onto a single track trail known as The “smokejumpers” trail, aka The Hill. It will head up for ~.3km, then head left and come down at the first major junction, with a trail marking triangle on the tree. Runners will re-join the Kim Williams trail, head east for a few tenths of a km to the Grizzly Tri bench, then return to campus on the main trail, diverting south at the Mount Sentinel cut-off, heading through the “M” Parking lot and finishing near the tennis courts.

GRIZZLY RUN 5K

can you say 'I Love The Hill'?

