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

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.
GRIZZLY TRI
Transition from swim

Swim out
Grizzly Triathlon

Bike Course - - 20 kilometers

City police traffic control

~ 5km to turn around

Eastgate Shopping Center

Footbridge
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’?