



ATHLETE GUIDE

XTERRA Weekend is finally upon us! Iowa's only XTERRA events – the XTERRA Sugar Bottom Trail Run and Triathlon. Information for participants of both events can be found in this guide. Let's hope you know what you got yourself into! Go Fast Get Dirty!

Any questions?

Check www.Facebook.com/xterrasugarbottom

Email – xterrasugarbottom@gmail.com

Call – 515-771-0213

The Rundown for the Weekend

- **July 30, 2011 (Race Day Part I!)**

- o **6:30-8:30am** - Packet pickup and registration for trail run at Sugar Bottom
- o **8:45am** – Pre-race announcements
- o **9:00am** – Boom goes the gun! 5KM/10KM trail run start
- o **10:45am** – Post race festivities. Food, awards, and give-aways!
- o 1:00-5:00pm – Packet pickup for triathlon @ Sleep Inn in North Liberty - 485 Madison Ave. North , North Liberty, IA

- **July 31, 2011 (Race Day Part II!)**

- o **6:00-7:45am** – Packet pickup and registration for triathlon at Sugar Bottom
- o **7:45am** – Pre-race announcements
- o **8:00am** – First wave goes off! It's wise to start going fast here.
 - **WAVES**
 - 1. Male 29 and Under + College (Red Swim Caps)
 - 2. Women (all ages) + Clydesdale/Athena + Male 50 and Over + Teams (Yellow Swim Caps)
 - 3. Male 30-34 (White Swim Caps)
 - 4. Male 35-39 (Royal Blue)
 - 5. Male 40-49 (Navy Blue)
- o **11:00am (approx.)** – Awards

COURSE MAPS

SWIM – 1500M – 2 LAPS OF 750M



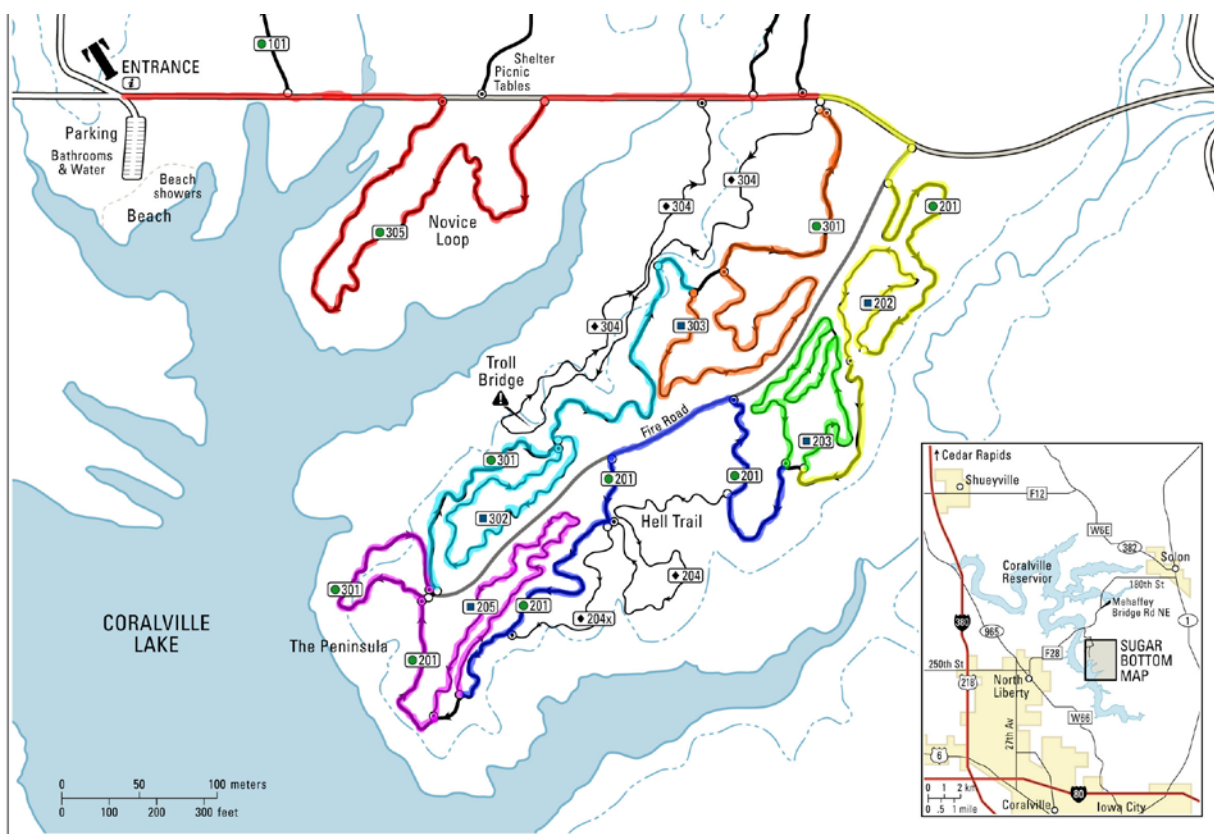
The swim will be monitored by lifeguards in the water and in kayaks along the entire course.

BIKE COURSE

16.3 miles – 3 laps on the south side of the trails. Ride 305 on the first lap, then go into 201, 202, 203, 205, 301, 302, and 303. Repeat this twice more, excluding 305. After the third lap, turn left from 301 and head toward transition.

****On the trails, the bike course will be marked with BLUE arrows.**

On the map: Follow the colors – Red to yellow to green to blue to violet to light blue to orange.

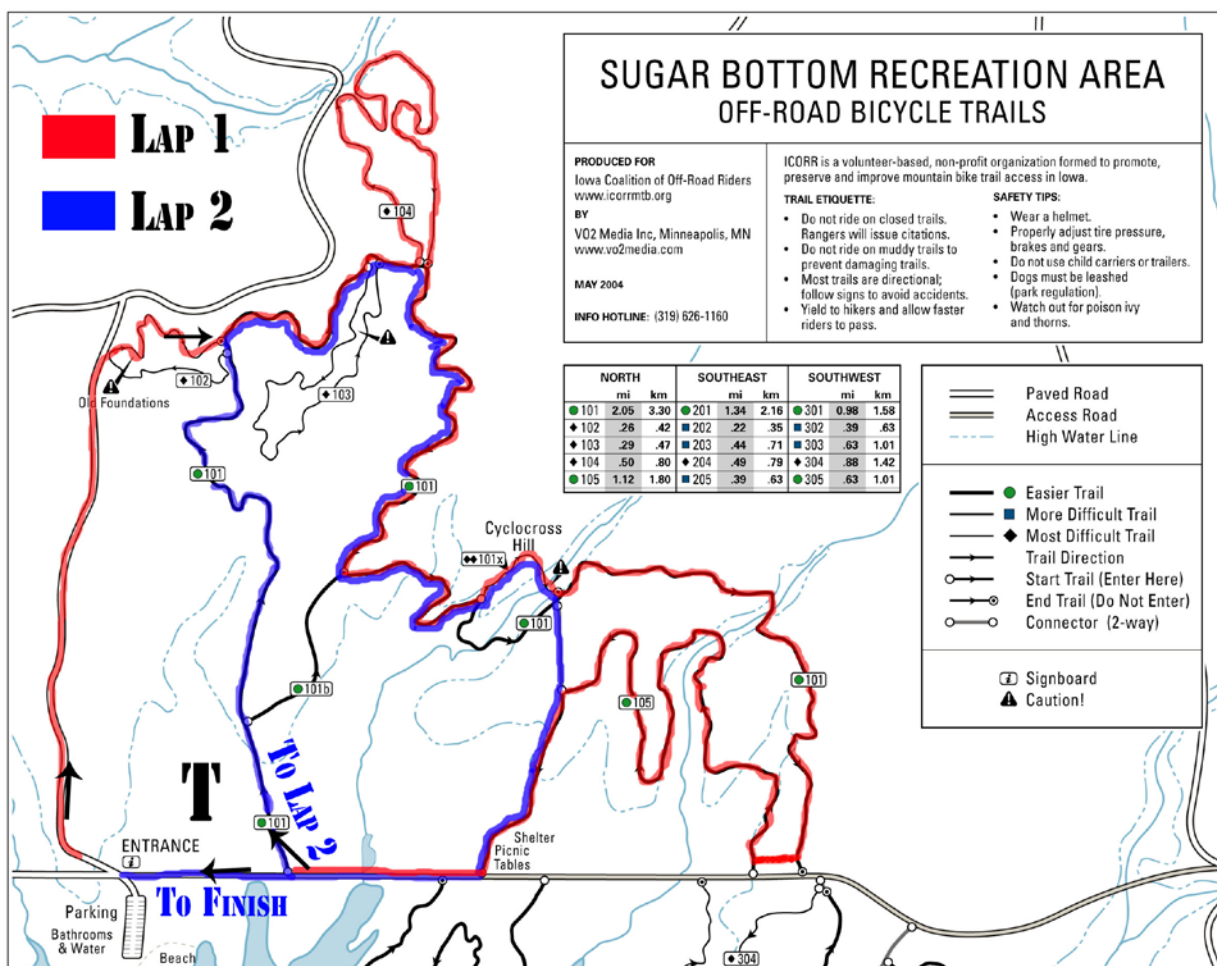


Michael J Godfrey / 19 MAY 2004

RUN COURSE

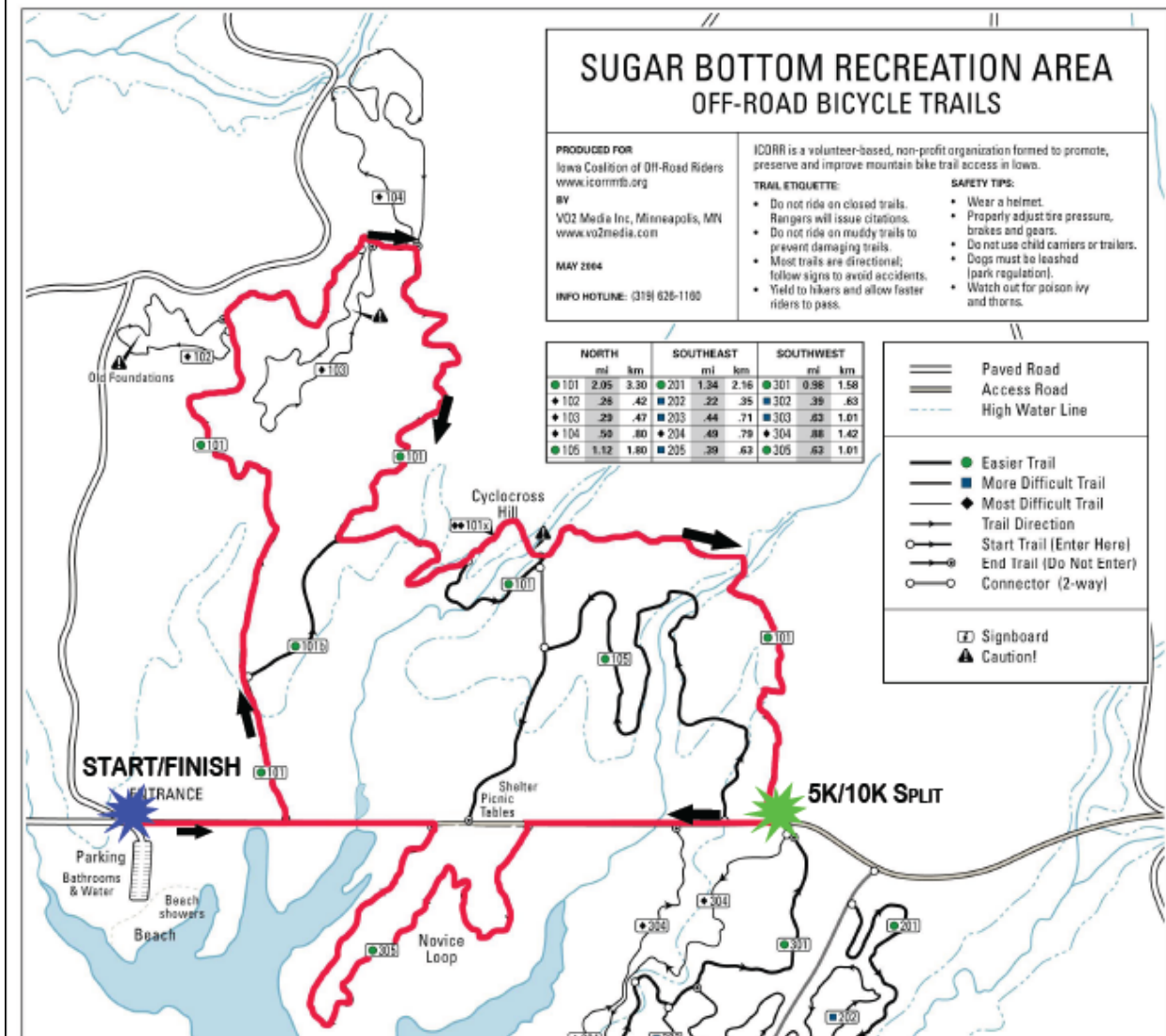
10KM – 1.5 laps on the north side of the trails – Run north from transition to 102, following the red line on the map and continue all the way through the end of 105. As soon as you exit 105, turn right onto the gravel road, following the arrows and directions of volunteers, and then right again onto 101. Follow the blue line for the second “lap.” Once you exit 105 for the second time, follow the gravel road to the finish.

****On the trails, the RUN course will be marked with RED arrows.**



TRAIL RUN MAPS

5K



10K

