



XTRERRA SUGAR BOTTOM ATHLETE GUIDE

Now you've done it. You've signed up for the greatest (by default) off-road triathlon in Iowa. Here are some things that you might already know, would like to know, or should definitely know.

THE RUNDOWN FOR THE WEEKEND

July 31

Packet Pickup: 1 PM to 7 PM at [Sleep Inn in North Liberty](#) on Saturday July 31. They are located at:
485 Madison Ave. North,
North Liberty, IA, US, 52317

August 1 (RACE DAY!)

Race Day Packet Pickup: Starts at 6:15 AM. Done by 8:00 AM.

Transition: Opens at 6:15 AM. Closes at 8:15 AM. [World of Bikes](#) will be providing bike support.

Pre-Race Meeting (Yes, you have to be there): 8:15 AM. Any last minute changes, updates, and announcements. Maybe even a surprise or two. But probably not. But maybe.

First Wave: 8:30 AM. This is the part where you start going fast.

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)

COURSE MAPS

The Swim. 1500 Meters. Keep the buoys on your left.

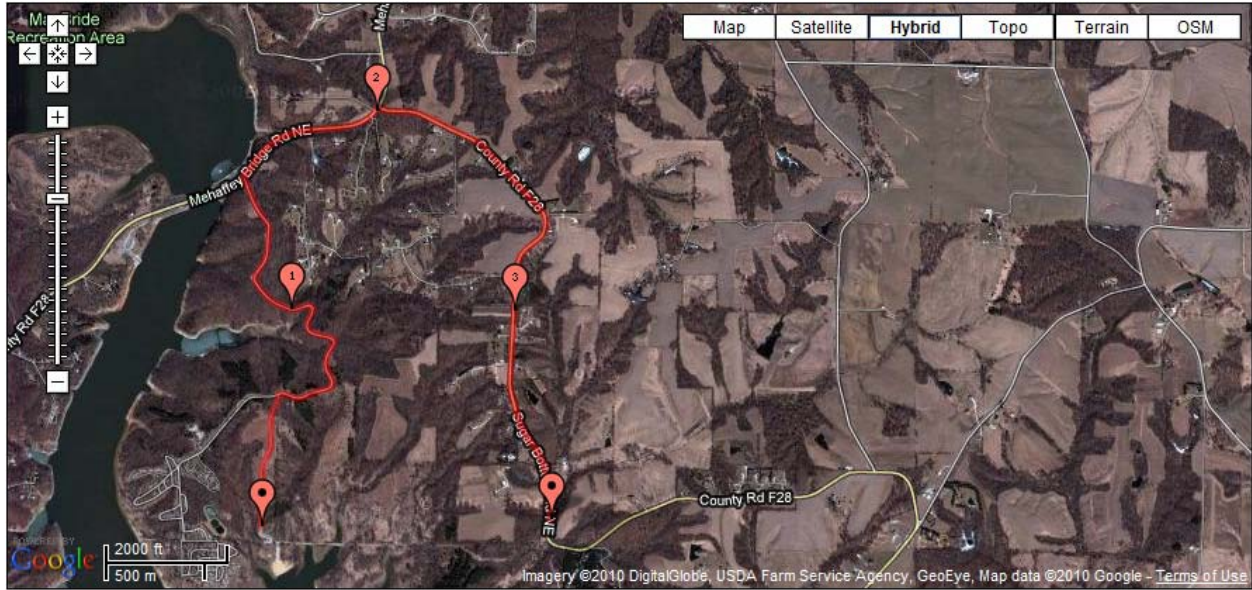


The Bike. 15.9 Miles. Out to Mehaffey Bridge Rd. Turn Right onto Sugar Bottom Rd. Two laps on the south half of the trails. After the second lap, north on 105, through Cyclocross Hill, down 101b, up 101, and out 102 to head back to transition. Bike course will be marked with **BLUE** directional arrows.

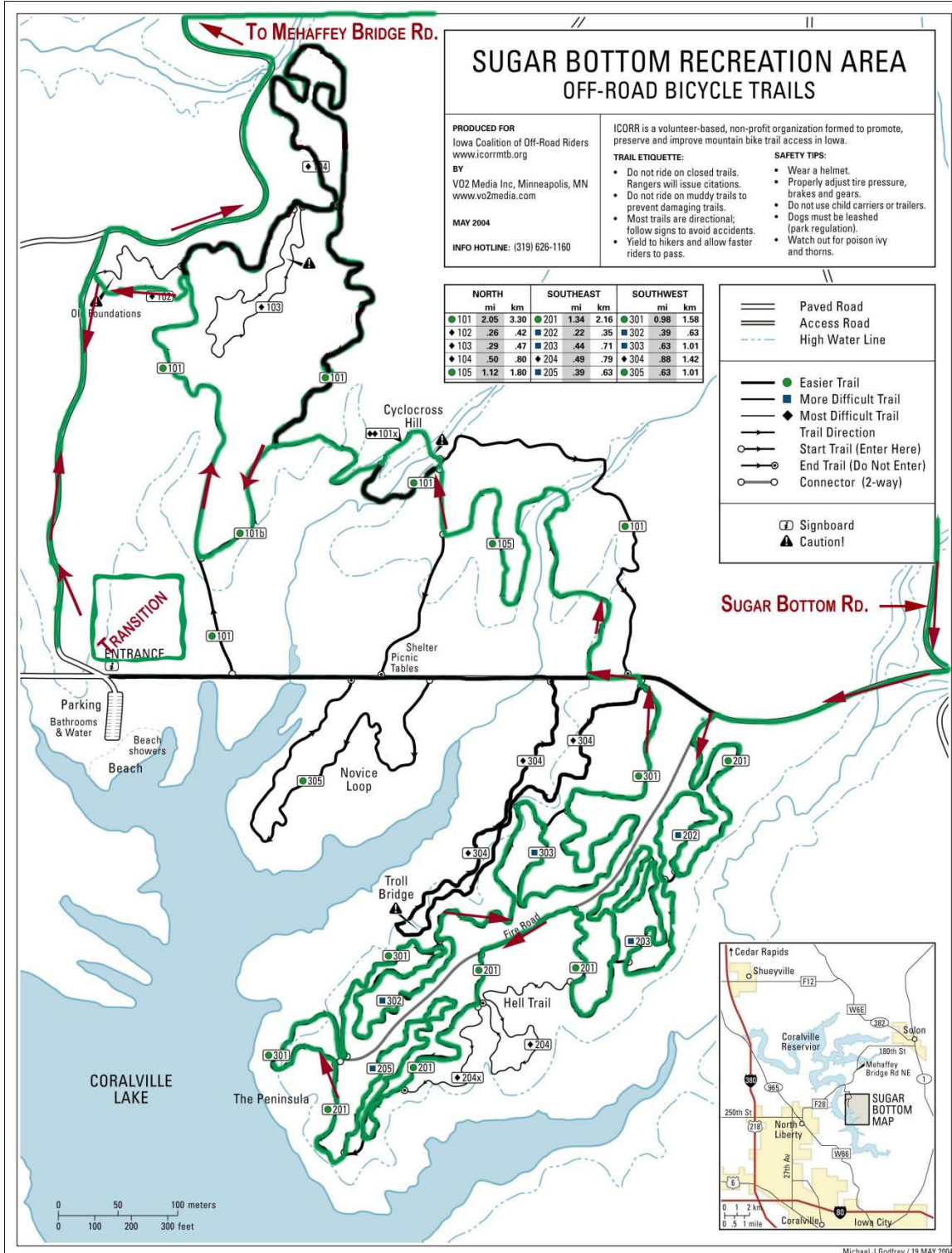


Watch for  signs. This means there is a tricky part approaching on the trails.

The bike course portion that is on the road. Johnson County Sheriff deputies and volunteers will be present at major intersections.



The trail portion of the bike. Watch for direction arrows and warning markers.



The Run. 5.76 Miles. Two laps. The Butterfly Run is NOT INCLUDED. Water stations located at transition and entrance and exit of Cedar Valley Nature Trail.



Run course will be marked with **RED** directional arrows. Watch for  signs. This means there is a tricky part approaching on the trails.

