






Whidbey Island Triathlon 2008

-  Bike Route
-  Run Route
-  Water Station
-  Aid Car Initial Location
-  Turn right on first lap, continue straight on second lap!

DESCRIPTION OF RACE - The race starts at Goss Lake and ends at Community Park. You should leave your running gear at Community Park and then go to Goss Lake for the swim and the beginning of the bike leg. You will set up your bike gear at the transition area at Goss Lake.

SWIM COURSE - The swim is one, 1/2 mile lap of the lake on a triangular course. The lake is clean and clear and free of both motorized boat traffic! Kayaks will be in the water to patrol the course. EMTs will be at the lake to handle any safety emergencies.

BIKE COURSE - Leaving Goss Lake on your bike, you'll ride 19.5 miles on paved county roads, **obeying all traffic rules**. The bike course is two loops of a roughly 8-mile course, then a 3 mile final section to get you to the Bike-to-Run transition area. The course is hilly with views of Saratoga Passage and the North Cascades. Volunteers will be present to control traffic and direct you through all intersections.

RUN COURSE - The last leg is a 3.8-mile run, first on trails at South Whidbey Community Park, then on paved county roads. Two water stops are located on the course, the first just outside the transition area, the second at approximately mile 2.5.