

IN THE DIRT TRI Lake Perris

Course description

SWIM

Swim will be ½ mile swim course will be marked with 5 ft **yellow buoy markers on the corners** Lake swim with water temp around 60 degrees. Wetsuits are highly recommended!

BIKE

Next is the bike! It is an off-road course consisting of fire roads, jeep trails, some single track and a little paved road. There is a fair amount of climbing and some fun descents the course will be between 12 and 15 miles. It will be challenging and will test your fitness!! It will take less than an hour for strong riders to complete the bike portion a bit longer for the average rider. The bike course will be marked with **BLUE** direction arrows on white backgrounds. Please obey all directions and race signs **IMPORTANT: WHEN ON THE BIKE FOLLOW BLUE ARROWS**

RUN

You top off the race with a challenging 4 mile trail run! It starts with a paved section where you will wind around to the infamous "ROCK GARDEN" Then you head down the sandy beach toward the dirt trail then at the 2 mile marker you turn around and head right back to where you came from, now you can get a look at the competition to see how far ahead or behind you are! Then back up the rock garden and head to the finish line! The run course will be marked with **RED** direction arrows on white backgrounds **IMPORTANT: WHEN ON THE RUN FOLLOW RED ARROWS**