ADULT AND STUDENT
Individual and Relay
Fact Sheet

Approximate Distances:
400 meter swim
14 mile bike
3.1 mile run

Packet Pick Up:		
Friday, April 26	**4:00 PM to 7:00 PM**	Sharp Bicycle, Lafayette, 969 Moraga Rd.
Saturday, April 27	**6:00 AM to 7:00 AM**	Campolindo High School Quad/Transition Area, 300 Moraga Rd.
Check in & Body Marking:	Campolindo High School Quad/Transition Area, 300 Moraga Rd. Saturday, April 27	**6:00 AM to 7:15 AM**
Transition Area:	Parking Lot behind the Campolindo Performing Arts Center Opens at **6:00 AM** – rack your bike	

Adult and Student divisions must be checked in by **7:15 AM** and inside the Soda Aquatic Center. The weather may be cool, so we suggest you wear warm clothing prior to the swim.

Please note the following times and details:

- **7:15 AM**: athletes will be lined up according to race number. You must start the swim in the designated order. Anyone not in order will be disqualified.
- **7:25 AM**: Final race instructions given to adult participants
- **7:30 AM**: Swim Start – Adult and Student divisions will start at the Northeast corner of the Soda Aquatic Center pool and swim all 8 lanes of the 50 meter pool (8x50 = 400 m). Athletes will swim down lane 1, and then cross under the lane marker and swim back in lane 2, repeating serpentine style until they have traversed the entire pool.
    - Upon completion, athletes will exit the Southeast corner of the pool
    - Participants will jog to the transition area
- Inside the transition area, athletes will grab gear and bike and head for the exit. NOTE: YOU MAY NOT RIDE YOUR BIKE INSIDE THE TRANSITION AREA AND HELMETS MUST BE STRAPPED ON BEFORE EXITING.
- The bike course takes you down Moraga Road to Canyon Road, right on Pinehurst to the Canyon School turnaround and then back into Town to Camino Pablo. Riders turn right on Camino Pablo where they will once again turn around heading back to and up Moraga Road. The bike ride finishes back at the transition area. Remember, you must dismount before entering the transition area.
- Participants will return their bike to the transition area before heading out on the 5K (3.1 mile) run thru the Campolindo subdivision.
- The last leg of the run comes thru the Campolindo parking lot and up the hill to the Campolindo stadium. Be sure to save some energy for your kick, because the last leg is a ¾ lap around the track, finishing in front of the Grandstand

The Town of Moraga, Village Associates Real Estate, Moraga Country Club and our sponsors will host a post race awards ceremony and celebration. Awards will be presented to the top finishers in each category. Celebrate your victory with friends and fellow athletes.