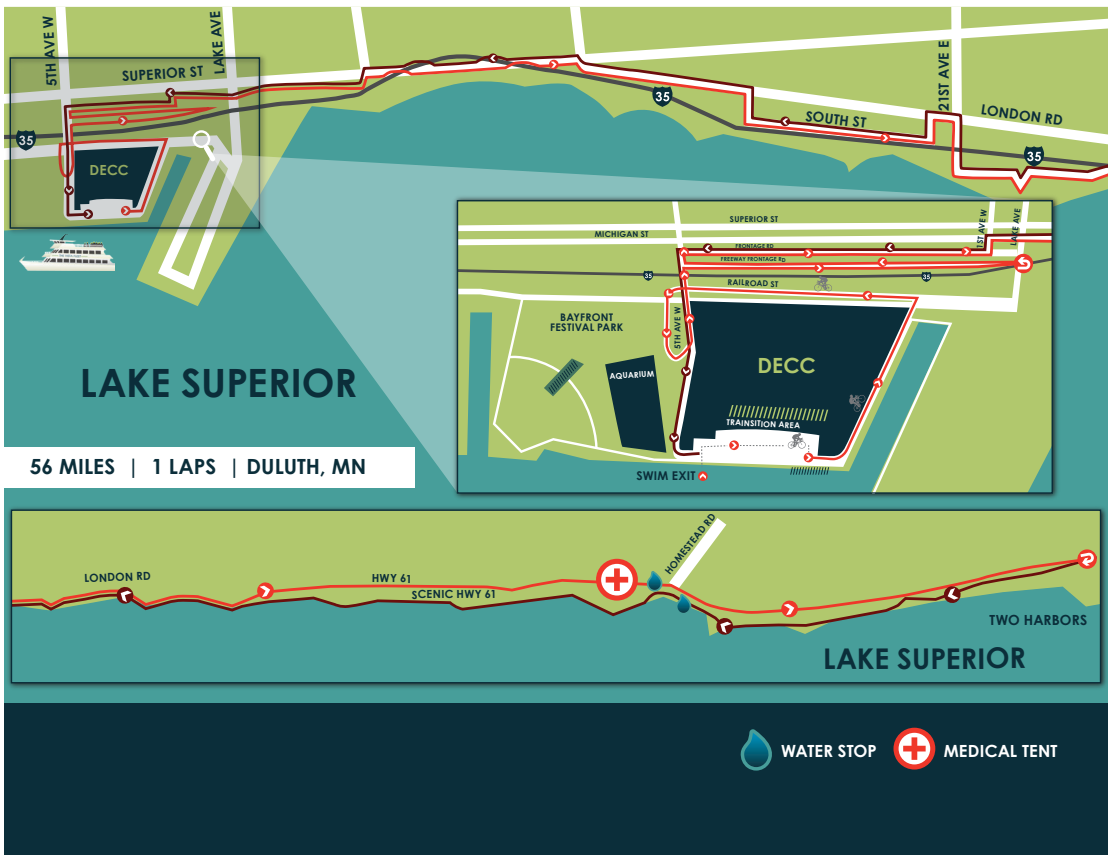


LONG SWIM (1.2 MILES):

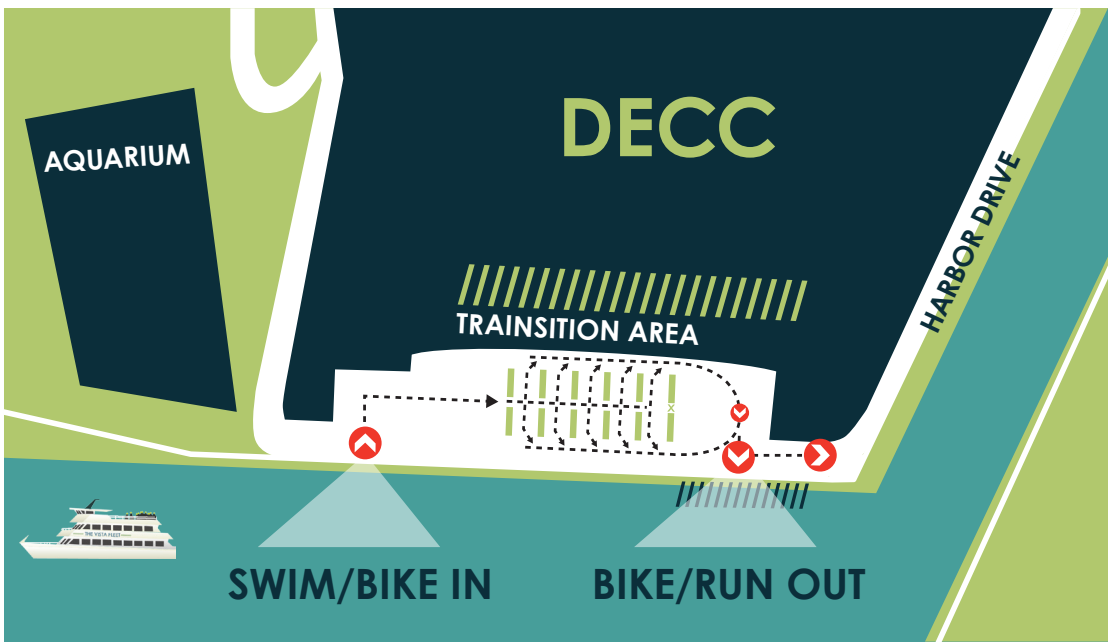
The Superior Man Triathlon begins aboard the Vista Star cruise ship, the flagship vessel of the Vista Fleet. Athletes “Escape from the Vista Fleet” in a time-trial fashion into the Bay of Lake Superior. The 1.5-loop swim course follows the Northeastern break wall, offering spectators a fantastic view of swimmers. Athletes exit the water near the corner of the Great Lakes Aquarium via a ramp.

Because the bay is enclosed from the main body of Lake Superior, temperature variations and waves are typically diminished. However, it is possible that athletes could face strong currents, high waves, and water temps dipping into the high 50’s. Be prepared for a challenging swim. Wetsuits are required.



LONG BIKE COURSE (56 MILES):

The Superior Man bike course is a relatively flat loop going north and south along Lake Superior. After navigating out of Downtown Duluth, athletes travel north along the Highway 61 Expressway to Two Harbors. On the way back athletes take the Scenic North Shore Highway along Lake Superior. Two aid stations are available on the bike course at miles 19 and 38. They will be stocked with water, gatorade, and porta potties.



TRANSITION:

The Superior Man boasts a unique indoor transition area inside of the DECC Arena. Swim and bike in from Truck Entry Door #3. Bike and run out from Truck Entry Door #6.

•When entering the transition area for T1 follow the path of the mats in the transition zone. The DECC floor will be slippery! Use extreme caution if you must step outside of the matted runways.



LONG RUN COURSE (13.1 MILES):

This year's run course takes advantage of Duluth's best running path. Athletes run a two-loop course through Canal Park that mostly follows the Lakewalk, before back tracking along Harbor Drive. The course is generally flat and well supported with 12 aid stations.

Aid stations will be at approximately miles 1.1, 2.3, 3.1, 4, 5, 6.5, 7.6, 8.8, 9.6, 10.5, 11.5 and 12.7. Gatorade and water will be at all aid stations, and defizzed Pepsi and gel will be available on the course at multiple aid stations.