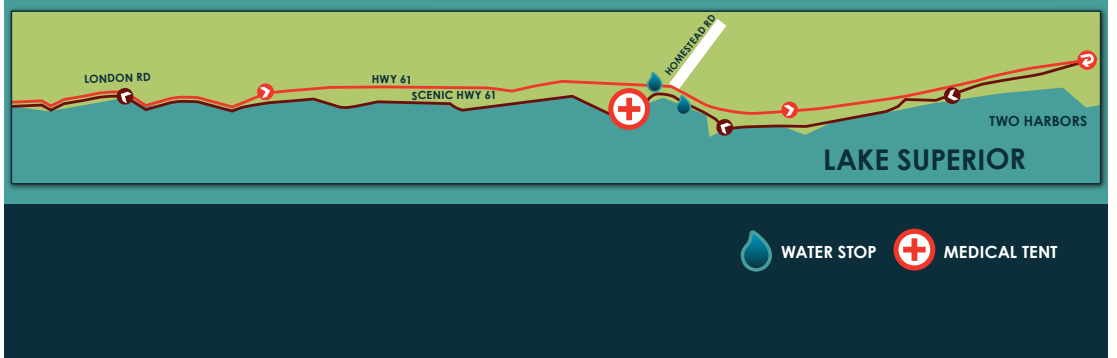


LONG SWIM (1.2 MILES):

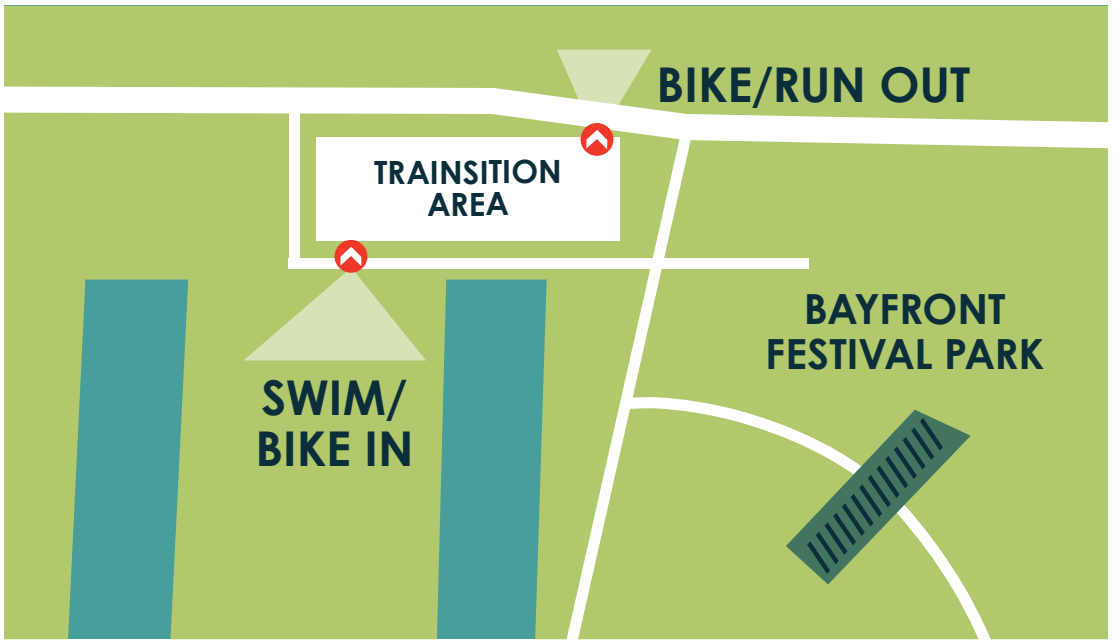
The Superior Man Triathlon begins aboard the Vista Star cruise ship, the flagship vessel of the Vista Fleet. Athletes “Escape from the Vista Fleet” in a time-trial fashion into the Bay of Lake Superior. The 2-loop swim course follows the Northeastern break wall, offering spectators a fantastic view of swimmers. Athletes exit the water at the end of the slip between Pier B and Bayfront Festival Park.

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.



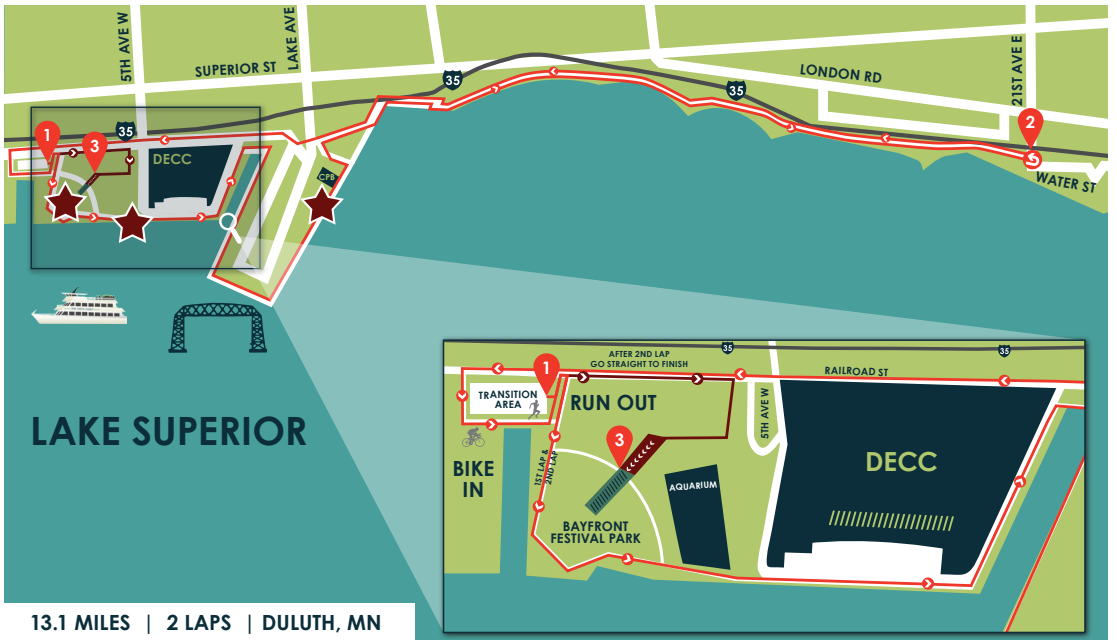
LONG BIKE COURSE (56 MILES):

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 Tri has a new transition area that takes advantage of a more streamlined swim exit near Pier B. Athletes exit the water via a boat slip. The transition area is grass surfaced. The transition follows a one way path. Athletes enter from the swim and bike in on the western side and exit from the bike and run out on the eastern side along Railroad street.



- 1 RUN START
- 2 TURN AROUND
- 3 RACE FINISH AT BAYFRONT
- ★ KEY SPECTATOR AREAS

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. After running around the transition area on the second lap, runners make their way to the finish in Bayfront Festival Park. The course is generally flat and well supported with 14 aid stations.

Aid stations will be at approximately miles .8, 1.7, 2.9, 3.7, 4.6, 5.6, 6.4, 7.2, 8.1, 9.3, 10.2, 11, 12, and 12.8. Gatorade and water will be at all aid stations, and defizzed Pepsi and gel will be available on the course at multiple aid stations.