



Tenderfoot Mountain Triathlon
 Presented by
 City of Salida Recreation

Start and Finish
 Swim Pool
 Bike
 Run

Swim Course: 1000 meters (1K) - The swim course consists of a 20 lap swim (40 lengths) in the Salida Hot Springs Pool. Pool temperature on race day is approximately 80-83 degrees.

Bike Course: 40K (25 miles) - The bike course takes place on county roads and State Hwy; loose gravel is possible on the shoulders and corners. The bike course starts up Holman Avenue to a left turn on CR 140. Riders will then turn right on State Hwy 285, take another right on CR 160 into town (there is a long and steep downhill immediately preceding this right hand turn onto CR 160), stay right to Crestone Avenue and take a sharp right to Poncha Blvd. Once you are back to the Holman and CR 140 intersection you have completed your first loop. Riders will then repeat this loop and finish on Holman heading back towards the Aquatic Center after the second loop.

Run Course: 10K (6.2 miles) - The run course takes place on the Salida Trail System and on dirt roads with hills. The course starts at Holman Avenue to a right turn onto the Salida Trail bike path to the Arkansas River. Runners will then cross the F St. bridge and the railroad tracks & climb up a dirt road to the water tank. Competitors continue down Spiral Drive and take a right onto the Ute Trail road (CR 175) to a water stop & turn around. They will then turn back down CR 175 to the Railroad frontage road, cross back over the F St. bridge and finally retrace their route on the Salida Trail bike path to Centennial Park via Holman Ave.

Note: The duathlon course consists of the bike and then the run portion of the triathlon course.