

# **Big Rock Triathlon**

## **Course Description**

The Big Rock Triathlon is an olympic distance course. The swim is about 1.5 k(.9 mi) in a calm lake [sprint .5 miles], with water temperature between 58 and 64 degrees. The use of wetsuits will be permitted. The bike is a 3 loop 40 k (24.8 mi) [Sprint 2 loops 16 miles] route with short climbs. There will be some traffic on the roadways, but it should be light.

Run is an out-and-back 2 loop 10 k (6.2 mi) run [sprint is 1 loop 3mi run]. Most of the run course is fast and flat with a few slight rises!

## **Aid Stations**

There will be 2 aid stations on the bike course and 5 aid stations on the run course. Each station will provide water.

## **Medical Assistance**

Medical assistance will be available at the Start/Finish and transition area. There will be an ambulance available for any circumstance occurring during the race. There are three hospitals within minutes of the race site. Paramedics from both the City of Moreno Valley and the City of Perris will be on call. California State Lifeguards with EMT training will be patrolling the swim.

## **Weather Conditions**

The normal weather during the month of April is moderate. The temperature is expected to be 55 degrees at the start and continue to rise into the mid 70's by mid-day. There may be some gusty winds.

## **Location**

Lake Perris is located between the City of Perris and the City of Moreno Valley in Riverside County. It is approximately 70 miles east of Los Angeles, 65 miles east of Orange County and 80 miles north of San Diego. It is near the intersection of Interstate 215 and Highway 60. The Ontario Airport is situated 35 miles west of the race site.