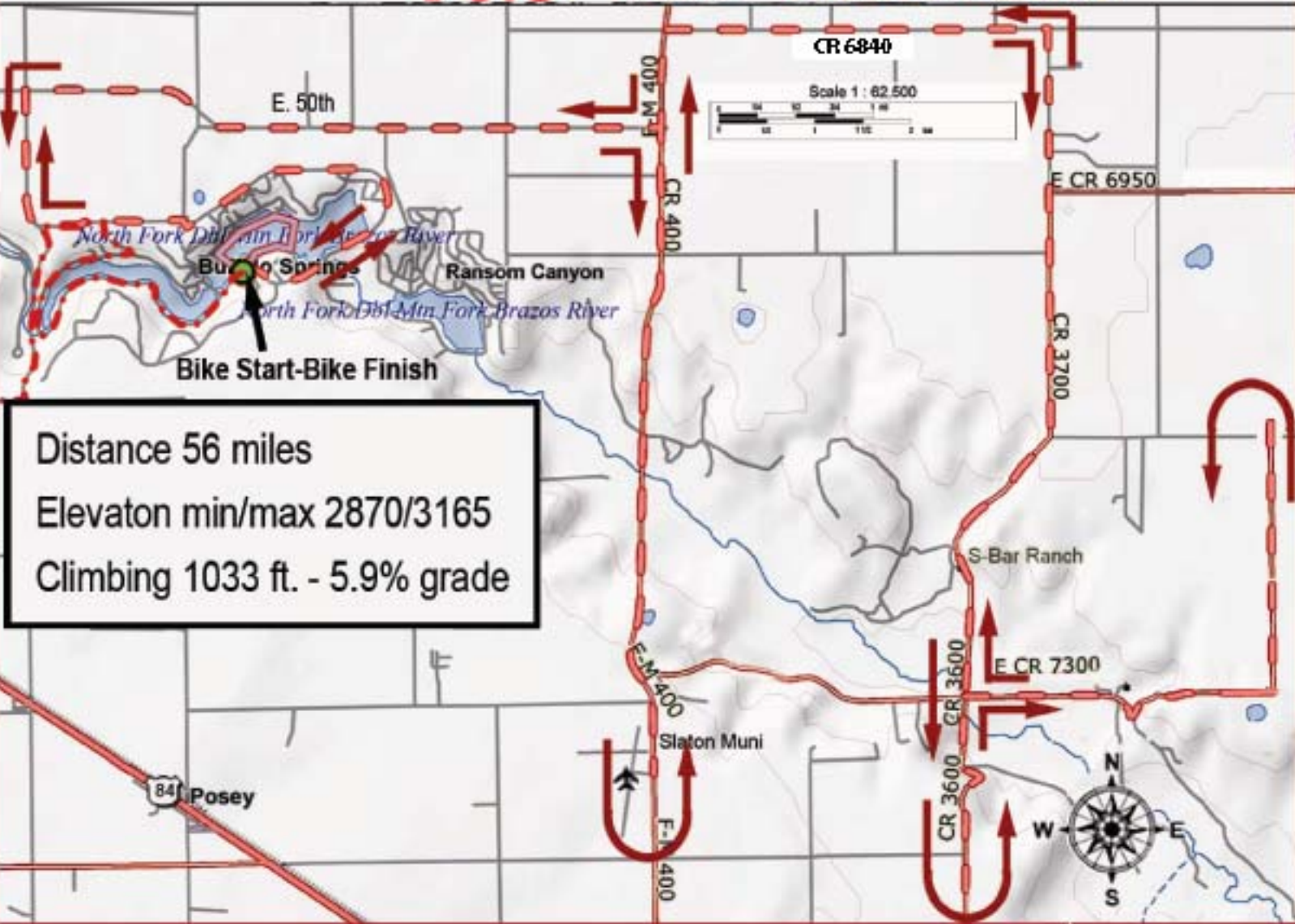




IRONMAN 70.3 BUFFALO SPRINGS Lake BIKE COURSE



Distance 56 miles
 Elevation min/max 2870/3165
 Climbing 1033 ft. - 5.9% grade

Bike Course Description:

56 miles, modified out and back, out of town farm to market roads, limited traffic, flat with 8 challenging hills, ranging from 2.9% - 8.9% grade and a quarter of a mile to 1.2 miles in length. These are good asphalt roads with some shoulders. No drafting allowed.

Only CPSC-approved helmets are allowed

Aid Stations:

Aid stations will be available on the bike (hand ups) and on each mile of the run. Stations will be provided at swim entry and exit points. Water, GATORADE, fruit, sponges, ice, gel, etc., will be provided along the course. A medical team will be on hand along with 2 ambulances in the course area.