



Anything is Possible

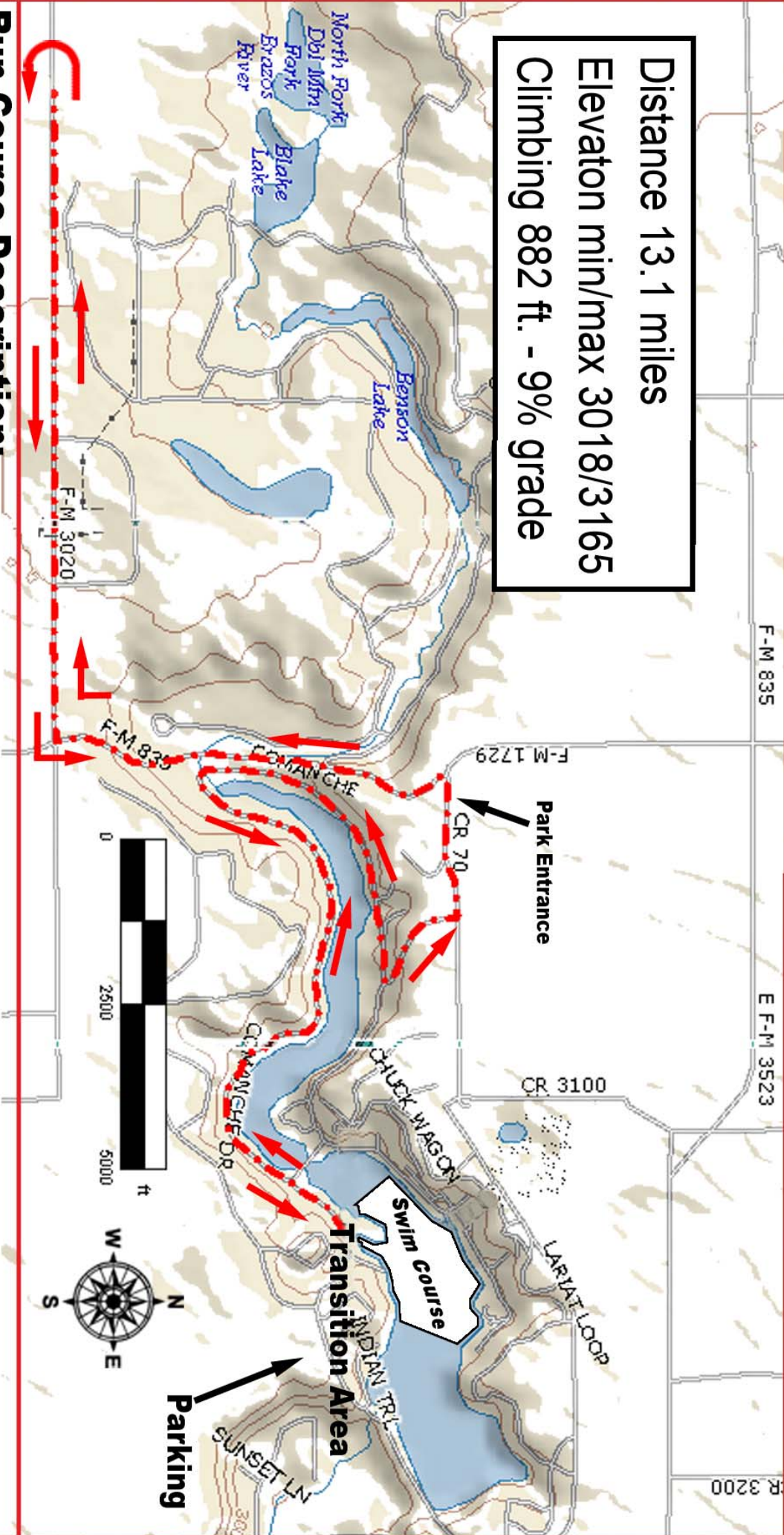


**IRONMAN**  
70.3™ BUFFALO SPRINGS  
*Lake*



**RUN COURSE**

Distance 13.1 miles  
Elevaton min/max 3018/3165  
Climbing 882 ft. - 9% grade



**Run Course Description:**

13.1 miles, asphalt, flat with 3 challenging hills, ranging from 6.4% - 7.6%(not the same hills as found on the bike course) grade. The hills are approximately 300 yards to 880 yards in length. Partially shaded, tough, scenic course. No non-participant pacing allowed. Course cut-off time is 8 hours.