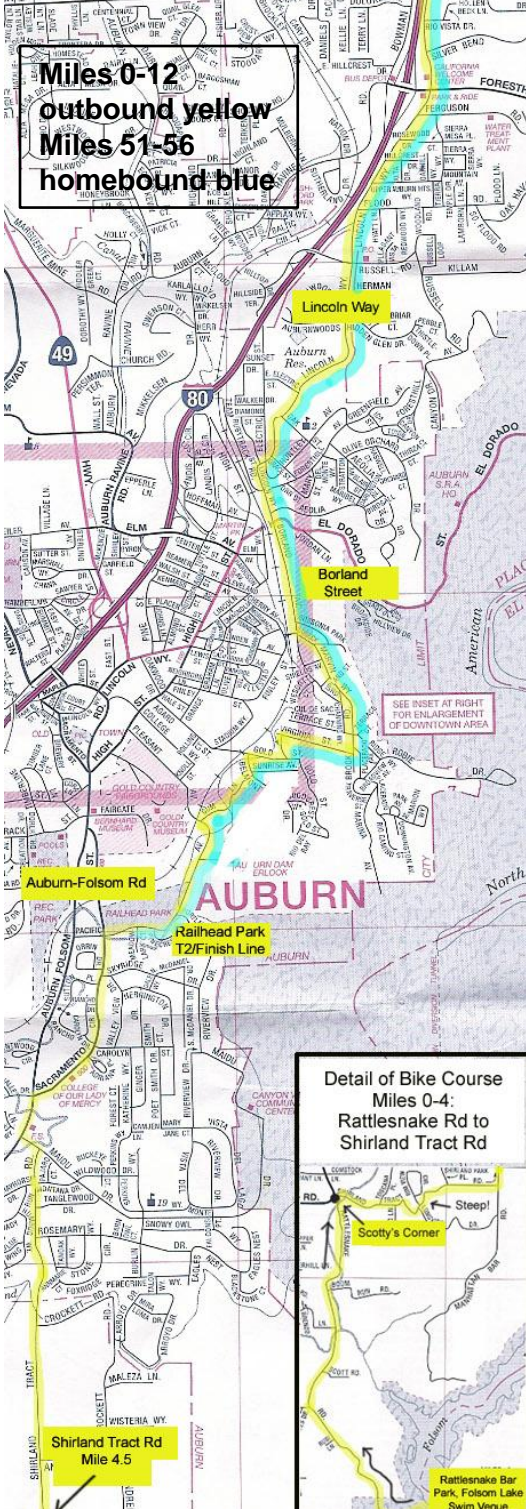


ARE YOU TOUGH ENOUGH?



AUBURN TRIATHLON



56-Mile Bike Course Directions

Follow Rattlesnake Rd from Lake, out park exit, stay R at Y intersection on Rattlesnake Rd.

Mi 3.3 – Hard right onto Shirland Tract at 3-way intersection. Do NOT go onto busy Auburn-Folsom Rd just ahead. Climb steadily to mile 6 in Auburn neighborhoods

6.0 – L Maidu Dr (Caution: short steep descent)

6.1 – R Auburn-Folsom Rd

6.2 – R Sacramento St

6.9 – R Pacific Ave. Pass Railhead Park -T2/Finish

R on Gum Lane before RR Xing. Proceed thru rear of Maki parking lot and onto paved bike lane, uphill then downhill.

L Belmont. Follow Bike Route signs thru windy neighborhood: R Gold, L Virginia, L Brook (L at island), stay L onto Marvin Way (name change, follow double yellow), R Borland SS.

8.8 – Straight thru Hwy 49 signal. Begin climb on Lincoln Way thru Auburn neighborhoods.

10.3 – Straight thru Foresthill Rd signal (Raley's center, etc.)

10.9 – L Bowman Undercrossing SS (under I-80)

11.1 – R Bowman Rd. SS Stay on freeway frontage road

12.1 – Straight thru Bell Rd signal.

12.6 – Top of hill AID STATION. Steep descent, then

13.0 – R Dry Creek SS. Proceed along frontage past Lake Arthur

14.5 – R Placer Hills Rd across I-80.

14.7 – L Applegate Rd SS. (Follow south I-80 frontage for 4 miles Cross I-80 and then R on Geisendorfer)

15.5 – 40K TURNAROUND at Fairridge Ln

20.3 – R West Paoli Ln AID STATION. Cross I-80

20.4 – L Paoli Ln SS, steep descent caution RR Xing at bottom.

20.6 – L Ponderosa Rd SS, turns into Canyon Way. Proceed on south I-80 frontage for several miles

24.2 – L Placer Hills Rd SS (cross I-80)

24.3 – L Placer Hills Rd SS. Begin steep windy climb

25.2 – R Placer Hills Rd/Tokoyana Rd SS at top of hill. Begin roller coaster section.

26.7 – L Milk Ranch Rd. Caution dangerous Left, downhill oncoming cars. Begin steep descent to Bear River

28.3 – Bottom of hill, changes to Campground Rd (bathroom).

28.9 – Leave river, climb Plumtree Rd

30.2 – L Placer Hills Rd SS. Caution dangerous left

30.9 – R Placer Hills Rd, under train tunnel (completes loop).

Descend steep, windy to I-80. Return on identical route:

31.7 – R over I-80. Then R Canyon Way, R Paoli Ln (climb), R West Paoli Ln (cross I-80, AID STATION), L West Paoli Ln (descend), R Geisendorfer Rd (at I-80 onramp, smart choice!).

L Applegate Rd SS (hard left at bottom of hill), cross I-80, proceed on south I-80 frontage.

41.7 – R Placer Hills Rd (cross I-80), then R on Lake Arthur Rd to begin 5.5-mile out and back section along north freeway frontage.

44.6 – Turnaround at log cabin bldg

47.4 - straight thru Placer Hills Rd signal lite. Continue past Lake Arthur, then L on Bowman Rd, (begin short steep climb to AID). Continue thru Bell Rd signal.

50.9 - L Bowman Undercrossing SS. 51.1 – R Lincoln Way.

Continue thru Foresthill Rd signal, descending through town to Hwy 49 signal. Follow Auburn Bike Trail signs to Railhead!

ARE YOU TOUGH ENOUGH?



AUBURN TRIATHLON

Lake Arthur Rd
5.6mi Out and Back
Homebound

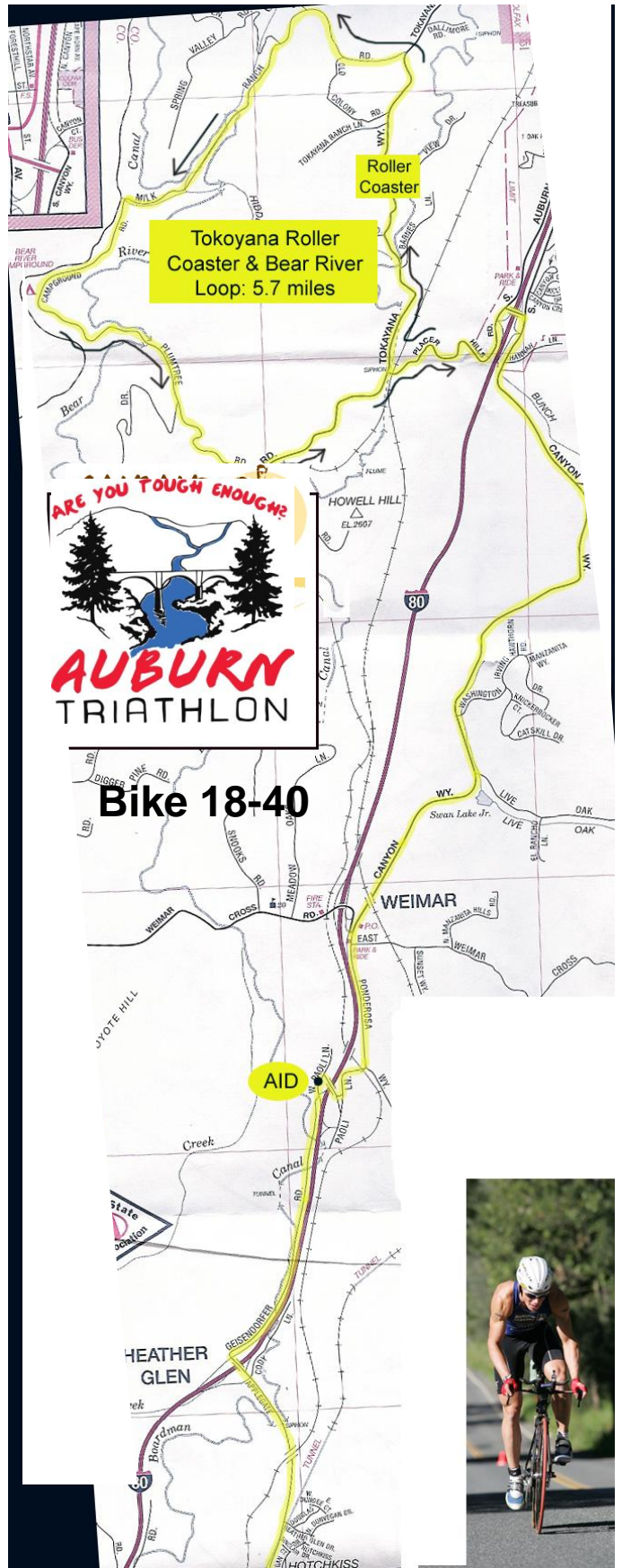
Yellow out bound
Blue return

Bike Course outbound
Miles 12-18
Bike Course homeward
bound
Miles 40-51

International
Turnaround

LeMondwalked
Hill - 4 mi, 12%
Homebound

AID



Roller
Coaster

Tokoyana Roller
Coaster & Bear River
Loop: 5.7 miles

ARE YOU TOUGH ENOUGH?



AUBURN TRIATHLON

Bike 18-40

AID

