SPRINT DISTANCE
500 YD SWIM, 14 MI BIKE, 2.7 MI RUN

THE SWIM - The measurement of this swim is done in yards, most pools in Bakersfield are 25 yard pools. McMurtrey, CSUB, and InShape are examples of pools that one can use to do the swim, however, any regulation 25 yard pool will do. 500 yards is equivalent to 20 lengths of the pool.

Instructions:
1. Go to pool and do a warmup first to get your body ready for the event.
2. Use a stopwatch or have someone time you and count laps, you can count laps on your own as well. Start the timer.
3. Start swimming. (Any form of swimming that gets you from point A to B is acceptable)
4. Swim 500 yards or 20 lengths.
5. Stop Timer.

Rules:
1. No wetsuits, fins or paddles. No floatation devices.
2. Consecutive swim, if you choose to stop during the 500 yards, the timer should keep running.

THE BIKE - The measurement of this bike is in miles and takes place on a planned route. The route map is on Strava and shown below, but you do not need to upload your data to Strava, if you do not want to. The ride starts on Round Mountain Rd, just a 1/2 mi east of China Grade Extension. There are no turns on this course until the u-turn turnaround, which is marked on the road. The course is approximately 14 miles out and back and ends at the same place it started.

Instructions:
1. A good place to park is at Derrel's Mini Storage off of China Grade Extension by the bike path. From there, there is about a mile warm up to the start point is on Round Mountain Road, so go North on China Grade Extension and turn Right on Round Mountain Road. The start is at Gate 6 of the Chevron Kern River Field. You should see the start point markings on the road. (The only other marking will be in 7 miles at the turn around spot.)
2. At the start line, use a stopwatch, have someone time you, or have your Garmin or Strava App on. Start the timer.
3. Start riding. (Follow the rules of the road, this is not a closed course, and your safety is more important than this fun training exercise)
4. Ride approximately 7.0 miles and you should see the turnaround markings on the road. Turn Around, and Ride Back to where you started.
5. Stop Timer as you pass the finish line markings by Gate 6.
6. Download Data or record data and submit results.

Rules:
1. No drafting or motor pacing. If you are doing this with your tri friends, start at different times. You should keep 3 bike lengths distance between riders.
2. Watch for traffic. Careful at the turnaround as well.
3. Wear a helmet.

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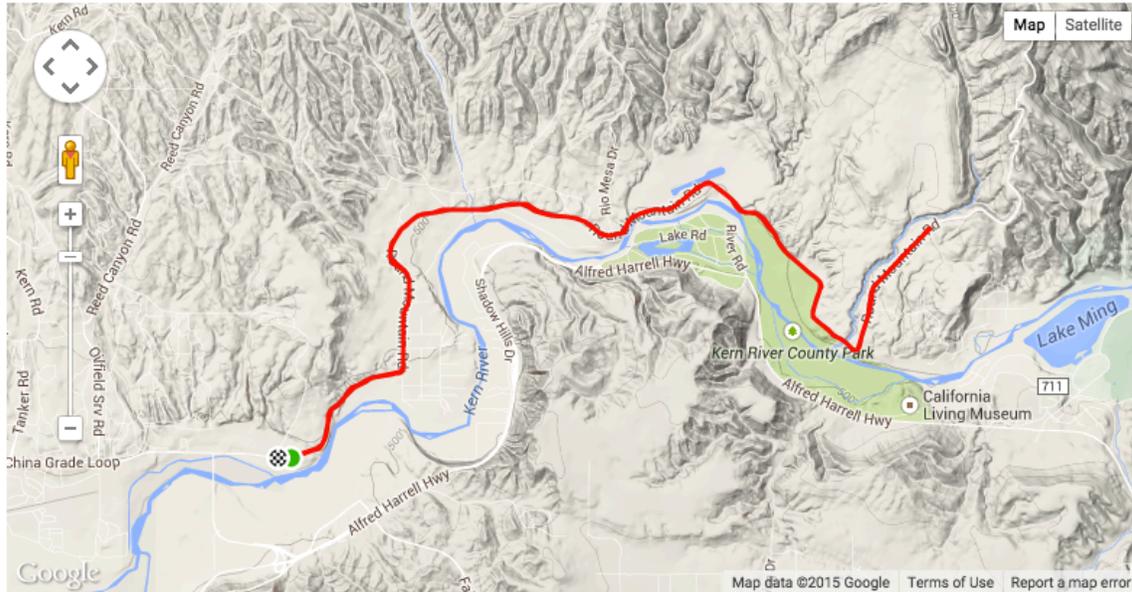
THE RUN - The measurement of this run is in miles and takes place on a planned route. The route map is on Strava and shown below, but you do not need to upload your data to Strava, if you do not want to. You will have to submit your time. The run starts at the top of Mt. St. Derrel's (The top of the hill at the bike path by Derrel's Mini Storage.)
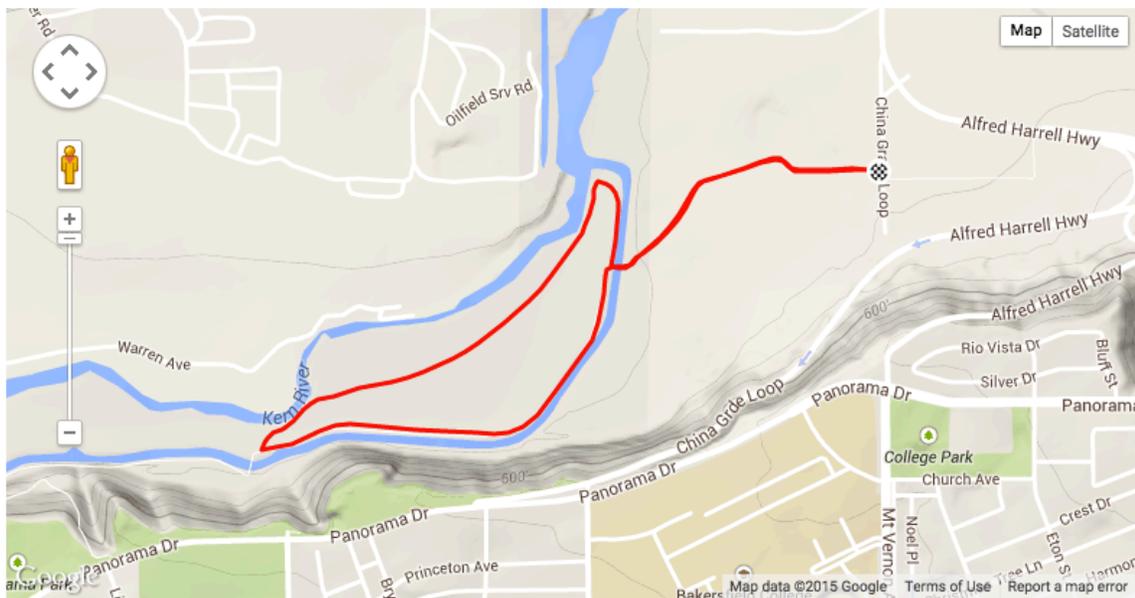
Instructions:
1. A good place to park is at Derrel's Mini Storage off of China Grade Extension by the bike path. You should see the start point markings on the bike path across from the mini storage and at the top of the hill. It's always a good idea to do a little warmup before you go.

2. Use a stopwatch, have someone time you, or have your Garmin or Strava App on. Start the timer. (This run is part bike path and part trail run, the trail is hard packed sand, so trail running shoes are good to have but not necessary)
3. Start running.
4. Run west on the bike path and go over 1st bridge and continue on path just before you get to second bridge at ~1.3 mi, turn right onto trail that heads back towards the northeast. The trail is wide and well travelled. (do not veer off on smaller, sandier path to the left, keep right). Stay on path until you hit the end and turn right and right again heading back to the 1st bridge. Turn left back onto the bike path and push hard up Mt St. Derrel's to the finish.
5. Stop Timer as you pass the start point and you've reached the summit of Mt St Derrel!
6. Download Data or record data and submit results.

Rules:
1. Watch for bike path traffic and don't spook the horses!

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