



# CUYUNA OFF-ROAD TRIATHLON

## JUNE 13, 2021 | Crosby, Minn.

GENERAL NOTES: The race start/finish and transition areas will be at the Cuyuna Country State Recreation Area's Rally Center. Participants will start by paddling on Huntington Lake, biking on various trails around Huntington, and then running around Pennington Mine Lake. Details for each phase are below.

*Be sure to visit [www.cuyunaoffroadtri.com](http://www.cuyunaoffroadtri.com) for the most current race/course info and a Racer Guide that has more details!*

## PHASE I: PADDLE



### PADDLING ROUTE:

The paddling phase begins at the Rally Center. Paddlers will put-in at Huntington Lake, paddle for approximately 1.5 miles and turn around at the designated motor boat. Racers will finish and take-out at the same place that they began. In order to ease congestion, volunteers may assist with put-in/take-out. PFDs are required for the paddling phase.

TOTAL Miles: ~3 miles

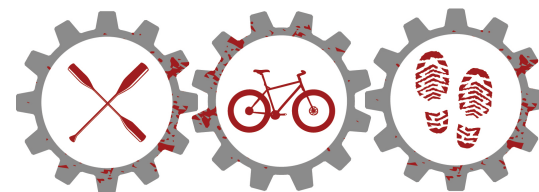
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# PHASE 2: BIKE



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## BIKE ROUTE SEQUENCE OF TRAILS:

- 1) Galloping Goose
- 2) Overburden Road
- 3) Mucker Mountain
- 4) Overburden Road
- 5) Galloping Goose
- 6) Hopper
- 7) Roly Poly

TOTAL Miles: ~8 miles

**NOTES:** We will be clearly marking the race course so if you've never ridden these trails or haven't ridden recently, you should watch for these course markers. We will also have course marshals strategically placed at various points through-out the course. The majority of the course is single-track but does include some double-track areas for passing. Helmets are required for the biking phase. *This course includes intermediate trails. Please prepare accordingly!*

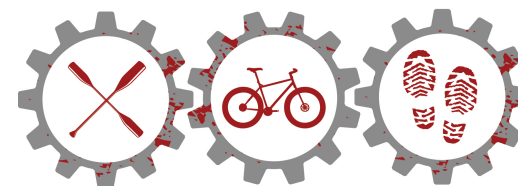
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# PHASE 3: RUN



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## RUNNING ROUTE:

The running phase will begin at the Rally Center and follow Switch Back trail, wrapping around Pennington Mine Lake. It will conclude at the Rally Center.

The majority of the run will be on dirt trails with a few small sections being on paved trails.

TOTAL Miles: ~2.5 miles

**NOTES:** Please pay attention to our course markers. We will also have course marshals strategically placed at various points throughout the course. There is one water station, about midway through the run.

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