

## SavageMan Triathlon Festival Elevation Profiles

The SavageMan Triathlon Festival is known for its hills. In fact, the [SavageMan 70.0 Triathlon](#) is widely considered the toughest half-ironman distance triathlon in the world due to its severe climbing.

But, that is just the SavageMan 70.0. Less well known is that the SavageMan Olympic distance triathlon, the [SavageMan 30.0](#), is a far less extreme course. And even less well known than that is the SavageMan Sprint distance triathlon, the [SavageMan 20.0](#), is not at all hilly and is legitimately a flat and fast course.

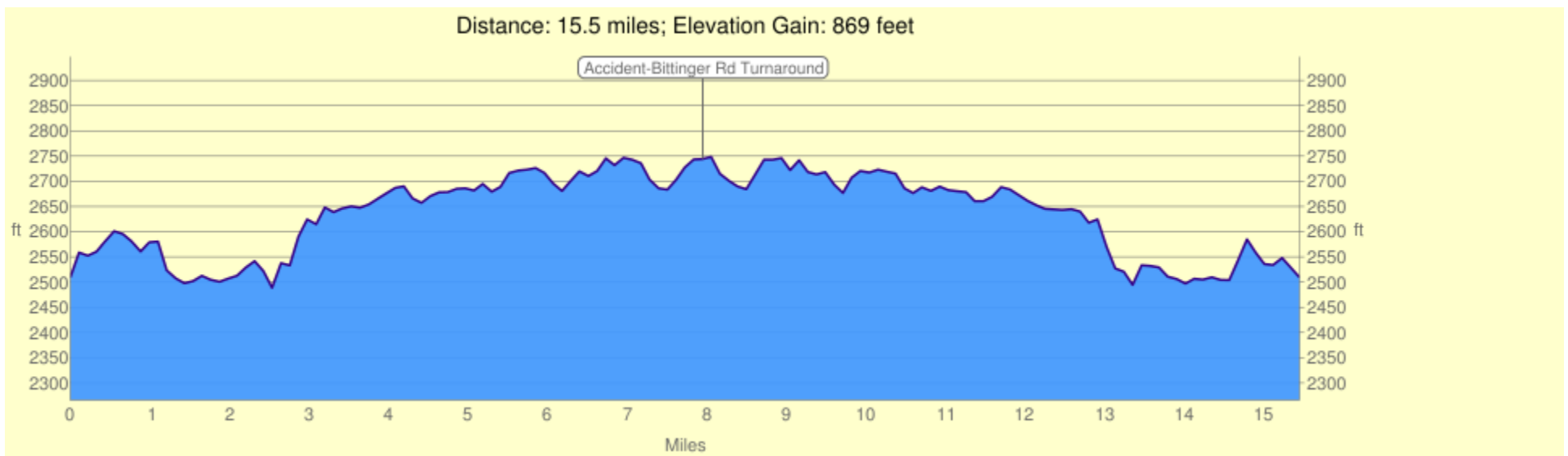
See below for the elevation profiles and climb details for the [SavageMan 20.0](#), [SavageMan 30.0](#), and [SavageMan 70.0](#) bike and run courses.

### SavageMan 20.0 Sprint Distance Triathlon

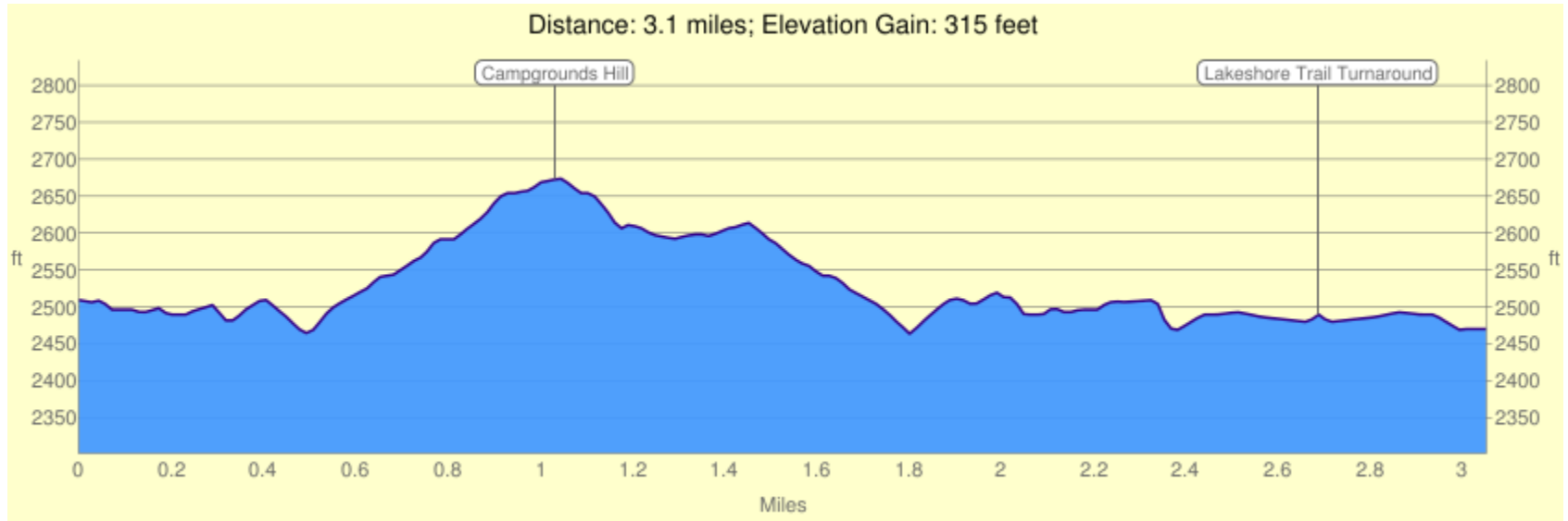
The SavageMan 20.0 Sprint Distance Triathlon is a mostly flat and very fast triathlon course that is ideal for beginners or those who want to avoid hills. Hovering between 2550 and 2750 feet, the SavageMan 20 bike course is largely flat and contains no significant hills. The hardest hill on the 15.5 mile bike course may well be exiting the transition area and getting out of Deep Creek State Park.

The 3.1 mile single loop run course includes one loop of the campgrounds with its moderate hill.

### SavageMan 20.0 Bike Course Elevation Profile



### SavageMan 20.0 Run Course Elevation Profile



## SavageMan 30.0 International Distance Triathlon

The 22.9 mile bike course includes about 2000 feet of climbing with both gradual climbs and steep pitches. A moderately hilly course by most triathlon standards, the SavageMan 30.0 Triathlon bike course provides a less extreme alternative for those desiring a shorter or less savage bike course than the SavageMan 70.0 Triathlon. There are no aid stations on the SavageMan 30.0 bike course.

The 10K run course is all new in 2016, with two 5k loops shared with the SavageMan 20.0 Sprint Triathlon and is largely flat, containing only a single climb per loop in the DCLSP campgrounds.

### SavageMan 30.0 Bike Course Elevation Profile

Name	Location	Length	Avg Grade	Max Grade
George Hill	9.2 mi	0.9 mi	5%	8%
Spear Rd	13.1 mi	0.5 mi	7%	7%
Bumblebee	14.9 mi	1.2 mi	7%	11%
Foy Rd	16.4 mi	0.6 mi	8%	14%



# SavageMan 30.0 Run Course Elevation Profile



## SavageMan 70.0 Half-Ironman Distance Triathlon

The SavageMan 70.0 Triathlon is the flagship event of the SavageMan Triathlon Festival and it has established legendary status amongst all who have participated in it.

The 55.7 mile bike course includes over 6,000 feet of climbing with both long gradual climbs and short, steep pitches. While the first 18 and final 10 miles are mostly downhill or flat, all athletes should be forewarned that the climbing in the middle 30 miles is savage and relentless. Bring your climbing gears!! Aid stations will be available to riders with water, energy gels, and energy drinks at miles 19, 26, and 40.

### SavageMan 70.0 Bike Course Elevation Profile

Name	Location	Length	Avg Grade	Max Grade
Toothpick	0.5 mi	0.25 mi	9%	16%
Westernport	18.5 mi	1.2 mi	12%	31%
Big Savage Mtn	23.4 mi	2.4 mi	6%	21%
Elk Lick	30.0 mi	2.8 mi	4%	7%
McAndrews Hill	32.8 mi	0.6 mi	9%	19%
Otto Lane	35.1 mi	0.6 mi	8%	17%
Killer Miller	38.1 mi	1.3 mi	8%	22%
Maynardier Ridge	43.8 mi	0.25 mi	12%	23%



# SavageMan 70.0 Run Course Elevation Profile

