

SavageMan 20.0 Swim Course_750 Meters



Athletes doing the 20.0 will swim 750 meters in the crisp, clear waters of Deep Creek Lake. Buoys will generally be on your right as you progress through the course. Yellow triangle buoys need to be kept on your right, orange round buoys are for sighting only and can be passed on either side. This is an in water start with a beach finish. The water temperature is expected to be in the upper 60's and an official temperature will be posted the Thursday prior to the race.

Athletes experiencing difficulty during the swim are encouraged to float on their back and put their hand in the air to signal our water rescue team.

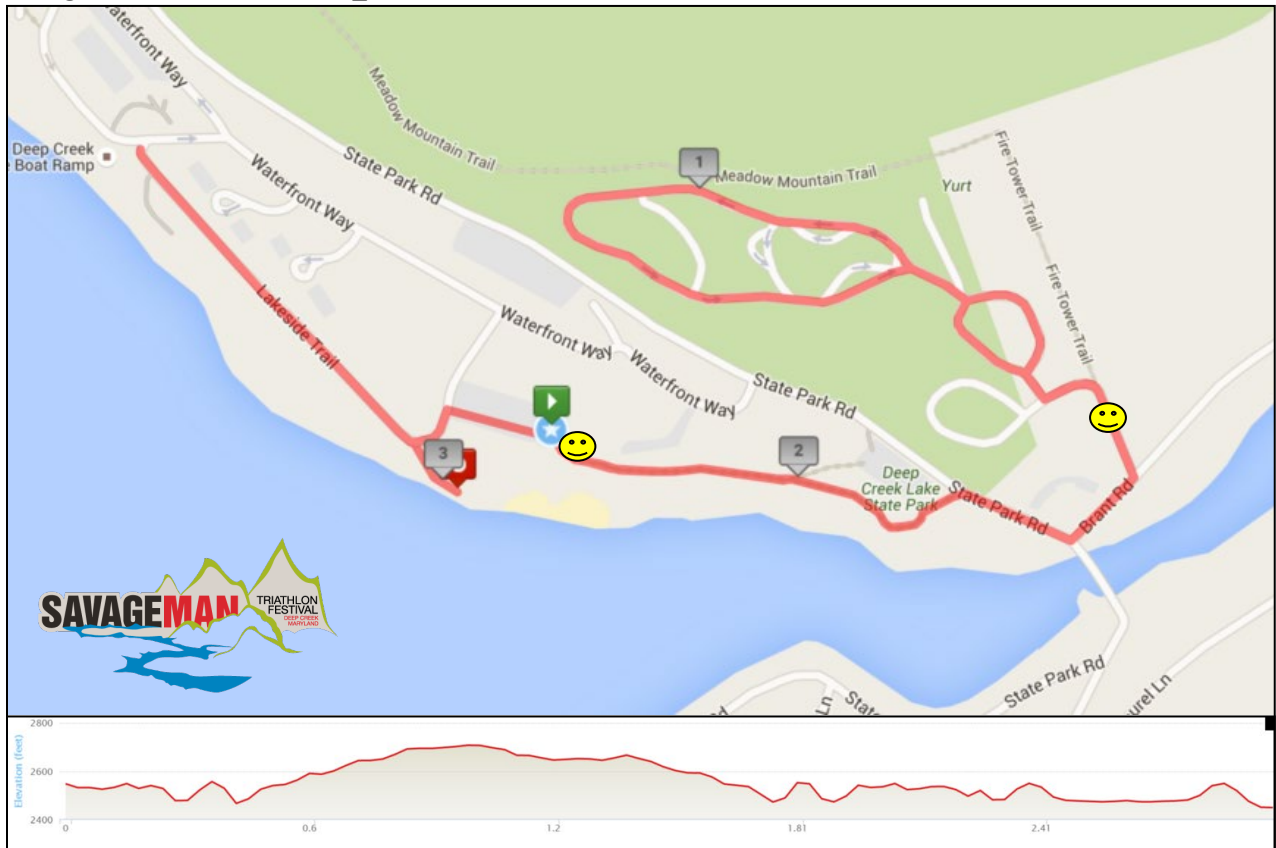


SavageMan 20.0 Bike Course_15.5 Miles



The Savage20.0 Bike Course is a smooth out and back ride with mild, gradual climbs and a turnaround just prior to the first large descent of the 30.0 Bike Course. Athletes ride out of the park via the main gate then re-enter the park via the boat ramp entrance.

SavageMan 20.0 Run Course_3.1 Miles



The SavageMan 20.0 consists of a new, single loop 5K course. This course is mostly flat with the exception of a nice climb in the DCLSP campground. The course is shaded throughout and the running surface is a combination of paved roads and packed gravel trails. SavageMan 20.0 athletes do one loop of this course while 30.0 athletes will complete a second lap of this course to get 6.2 miles. Water and a sports drink will be available every mile.

