

## SavageMan 70.0 Swim Course\_1.2 Miles

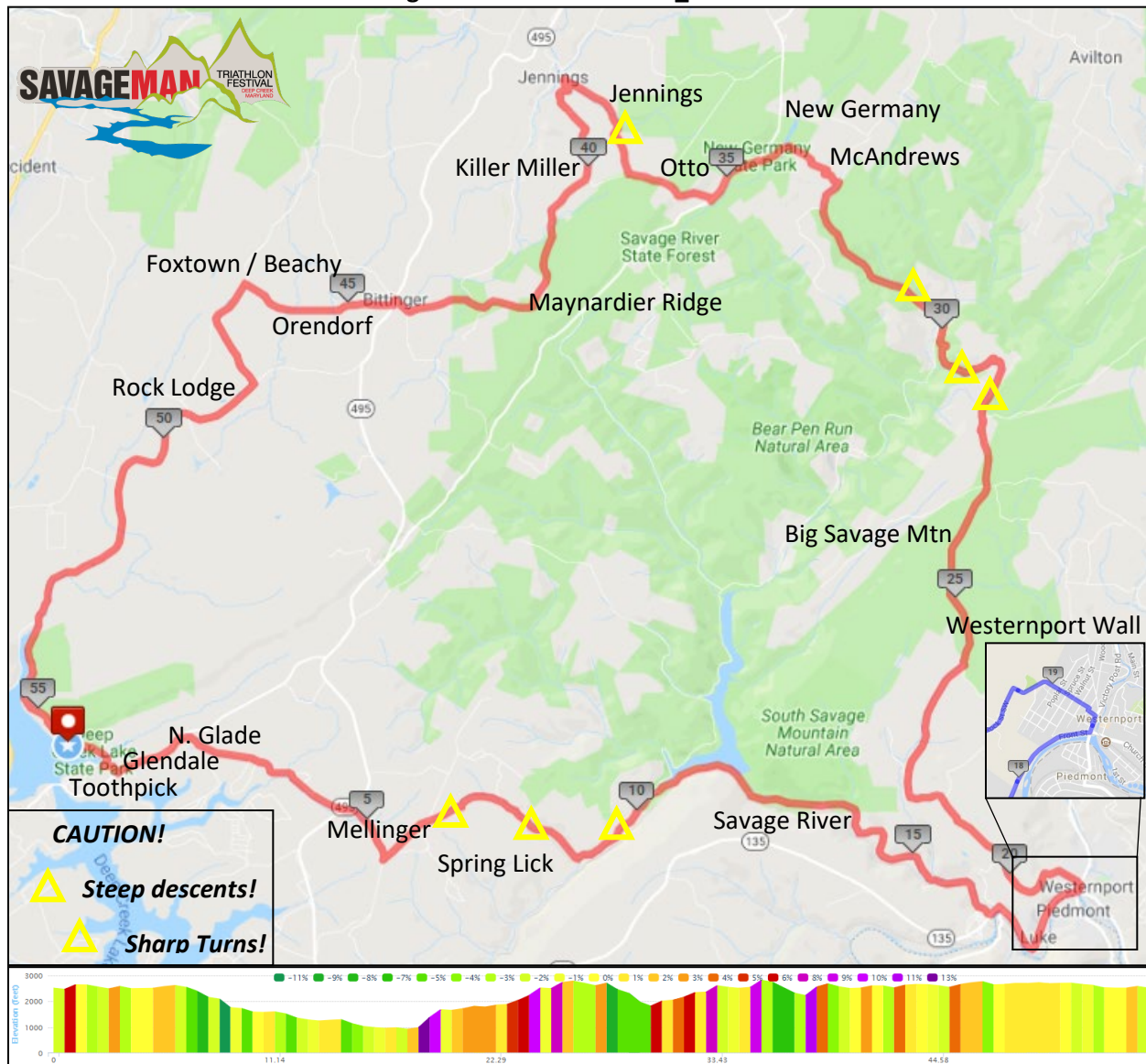


Athletes doing the 70.0 will swim 1.2 miles in the crisp, clear waters of Deep Creek Lake. Buoys will generally be on your right as you progress through the course. Yellow triangle buoys and turtles need to be kept on your right, orange round buoys are for sighting only and can be passed on either side. 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 70.0 Bike Course\_55.7 Miles



The SavageMan 70.0 is a classic triathlon course that every triathlete needs to race at least once in their career. The bike starts with a serious climb at mile 1 and quickly follows with a steep descent on Spring Lick. This is a technical bike course and dangerous for athletes lacking good bike handling skills. The ability to descend and corner at speed are essential, the ability to grind back up the wall is optional.

Be sure to review the rules of the Westernport Wall on our website. Detours to get speed and/or rest prior to heading straight up the wall are not allowed. If you fall on the wall, a volunteer will take your bike to the top and rack it for you. There is a detour around the wall available for those that don't want to chance crashing. Spectators/Clubs are encouraged to wear costumes and take the buses to/from the state park. Clubs are encouraged to reach out to the race director.

This is beautiful country and a zero trash bike course. Empty water bottles and gel wrappers are to be discarded at the aid stations. **Littering will result in a DQ.**

## SavageMan 70 Bike Course Cue Sheet

Total	Distance	Directions
0.0	0.0	Depart T1 on Waterfront Way
0.1	0.1	Right: Waterfront Way
0.32	0.22	Right: State Park Rd
0.71	0.39	Left: Tooth Pick Rd
1.01	0.3	Left: Glendale Rd
2.0	0.99	Right: N. Glade
4.62	2.62	Straight: Mellinger Rd
5.59	0.97	Left: Spring Lick Rd
6.43	0.99	***SLOW*** Start Dangerous 4 Mile Descent
10.43	3.85	Right: Savage River Rd
16.57	6.13	Left: Bloomington Rd / MD-135
18.57	2.01	Left: MD-36
18.64	0.07	Left: MD-825
18.66	0.02	Right: Front St
18.70	0.04	Left: Fusner St
18.76	0.06	Straight: Rock St
18.92	0.16	Straight Up Westernport Wall ( <i>OR Spruce/Johnson/Poplar detour around wall</i> )
19.5	0.58	Bag Drop and Aid Station at Westernport Maintenance Garage -Continue 7 Mile Ascent of Savage Mountain
25.63	6.13	Aid Station
27.74	1.11	***SLOW*** Start Dangerous 3 Mile Descent
30.31	2.57	Straight: Westernport Rd
33.03	2.72	Left: McAndrews Hill
34.47	1.44	Left: New Germany Rd
35.37	0.90	Right: Otto Ln (Market on Left)
36.63	1.26	Right: Jennings Rd
36.87	0.24	***SLOW*** Start Dangerous 1.5 Mile Descent
38.41	1.54	Left: Miller Rd – <i>Note: 5 Hour Course Cut Off Applies at the Top of Killer Miller</i> Aid Station and Official Club Cheer Zone, costumes encouraged
40.42	1.72	Bare Right: Maynardier Ridge Rd
44.02	3.89	Straight: Brenneman Rd
44.25	0.24	Left: Bittering Rd / MD-495
44.34	0.08	Right: Orendorf Rd
46.57	2.20	Left: Foxtown Rd
47.22	0.62	Left: Beachy Rd
48.30	1.08	Right: Rock Lodge Rd
53.53	5.23	Left: State Park Rd
55.20	1.67	Right: Waterfront Way / After Hours Boat Ramp
55.30	0.10	Straight: Through Coned lane of After Hours Boat Ramp Lot
55.60	0.30	Right: To Transition Area
55.70	0.10	Stop: Dismount Before Line. <i>Note: 6 Hour Bike Course Cut Off Applies</i>



# SavageMan 70.0 Bike Course Elevation Profile



## SavageMan 70.0 Run Course\_13.1 Miles (2 Loops)



The SavageMan 70.0 Run Course consists of 2x6.5 Mile. The course starts out flat along the lake and Brant Street before ascending into State Park campground. Athletes then head past the race site on State Park Road before going UP and Down Fire Tower Road. The course is shaded throughout and the running surface is a combination of paved roads and packed gravel trails. Water, sports drink, salty snacks and bananas will be available every 1.5 miles.



