

# GRANITE MAN TRIATHLON

*Applegate Lake*

**Start Time**  
**9:00 AM**

**TRANSITIONS**  
**OPEN AT 6:30 AM**

**COURSE IS OPEN**  
**FOR 4 HOURS**



The triathlon starts with the swim segment at Hart-Tish Park. Swimmers exit the water and ride their mountain bikes from Hart-Tish Park along Da-Ku-Be-Te-De Trail to Swayne Viewpoint. Cyclists take Upper Applegate Rd and Squaw Creek Rd to French Gulch Trailhead where they join the Payette Trail. Cyclists travel along Payette Trail to Manzanita Trailhead where they join USFS 1041. Cyclists follow USFS 1041 to just before the junction with Upper Applegate Rd. Cyclists drop down a side trail and under the bridge to arrive at the Seattle Bar bike-to-run transition. Runners leave Seattle Bar along Upper Applegate Rd and turn onto Da-Ku-Be-Te-De Trail and follow it to the finish at Hart-Tish Park.