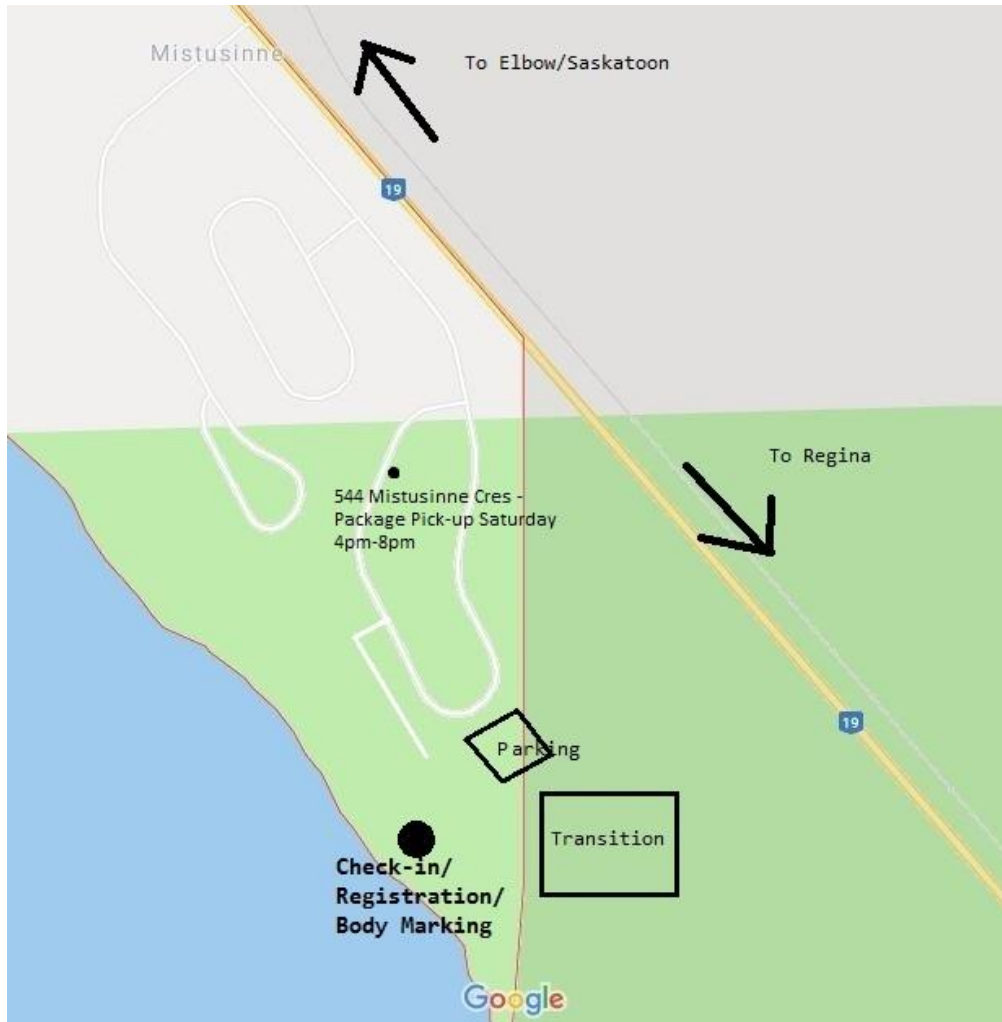




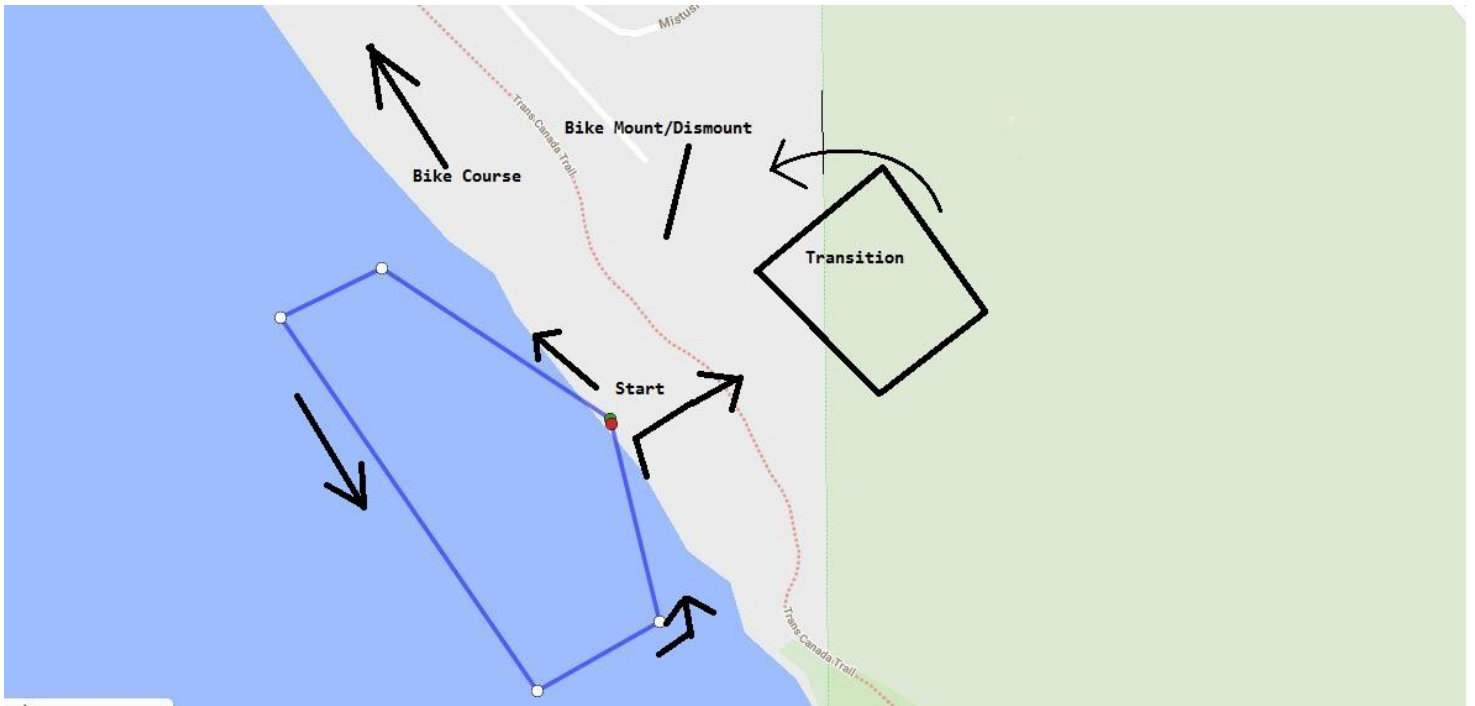
Diefenbaker Off-Road Triathlon

The race is located in Mistusinne, SK and will start just off of Mistusinne Cres. See map below for directions and parking.

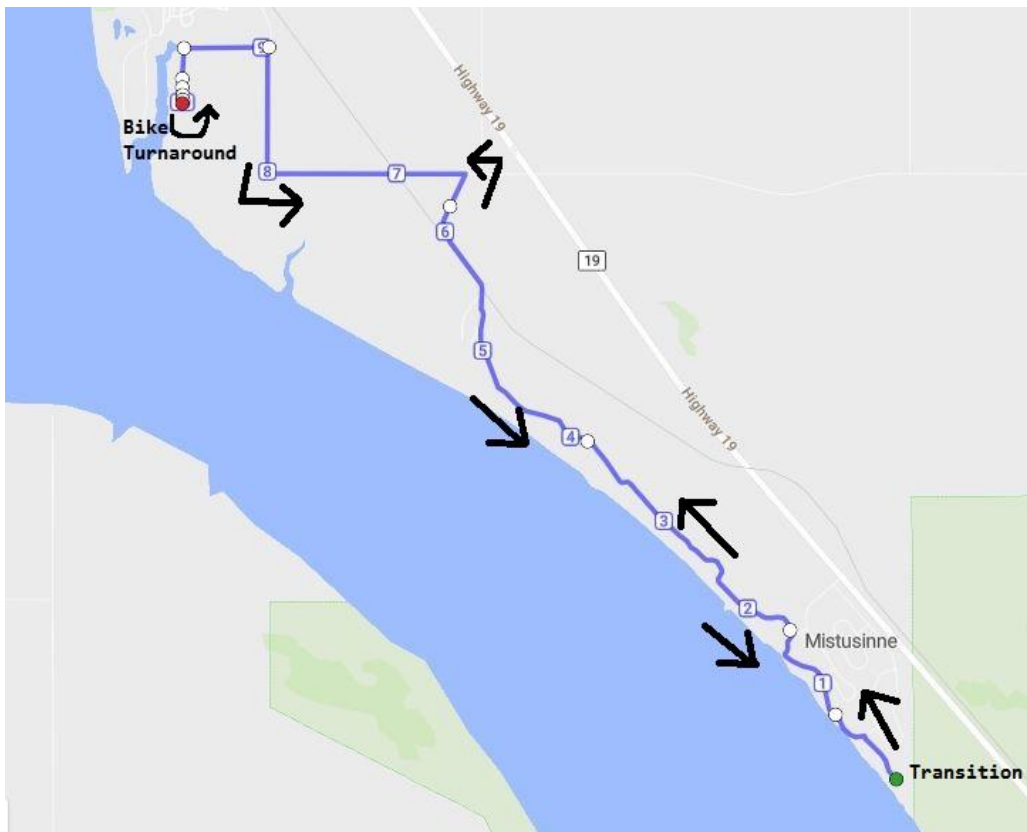


When you enter the village turn left immediately and then follow the road, looking for signs directing you to the parking area.

The 1 km swim portion takes place in Lake Diefenbaker. It will be a beach start, two loops of the swim course and then a beach run up to the transition area.



The 22 km bike portion will be a tough out and back course where riders will get to ride grass, sand, dirt and gravel sections. You might even get to jump off and push your bike at times! It follows the Trans Canada Trail all the way to the Elbow Harbour while paralleling Lake Diefenbaker.



The run section will take you in a 6.5km lollipop course along the Trans Canada Trail into Douglas Provincial Park and back out again and home to the finish in Mistusinne. This is a rolling prairie path with a few semi-technical sections and some shade as you pass through some stands of trees.



The Duathlon will follow the Run and the Bike Course.