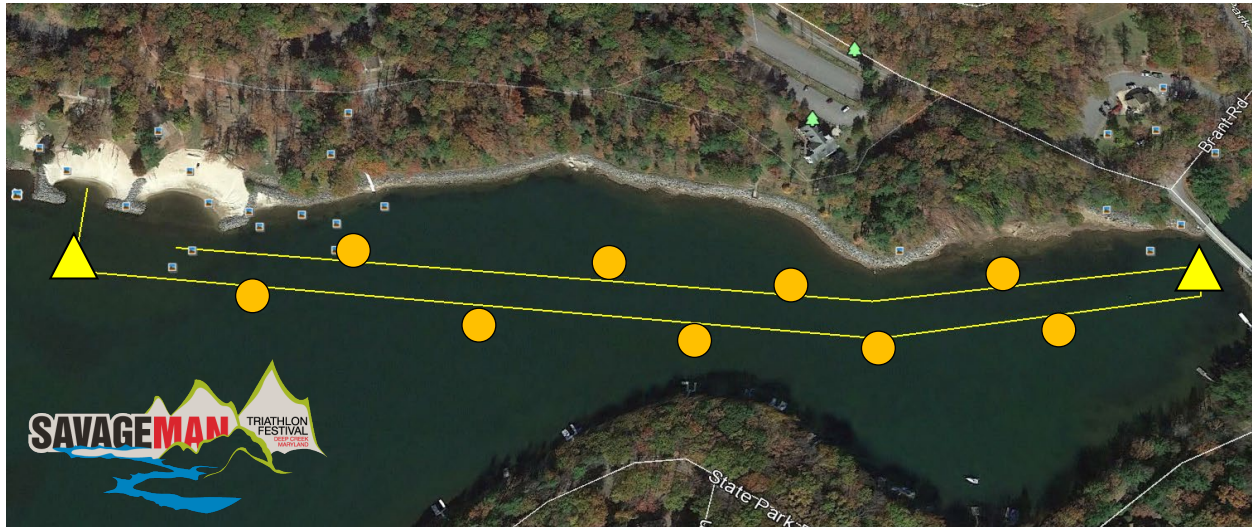


SavageMan 30.0 Swim Course_1500 Meters

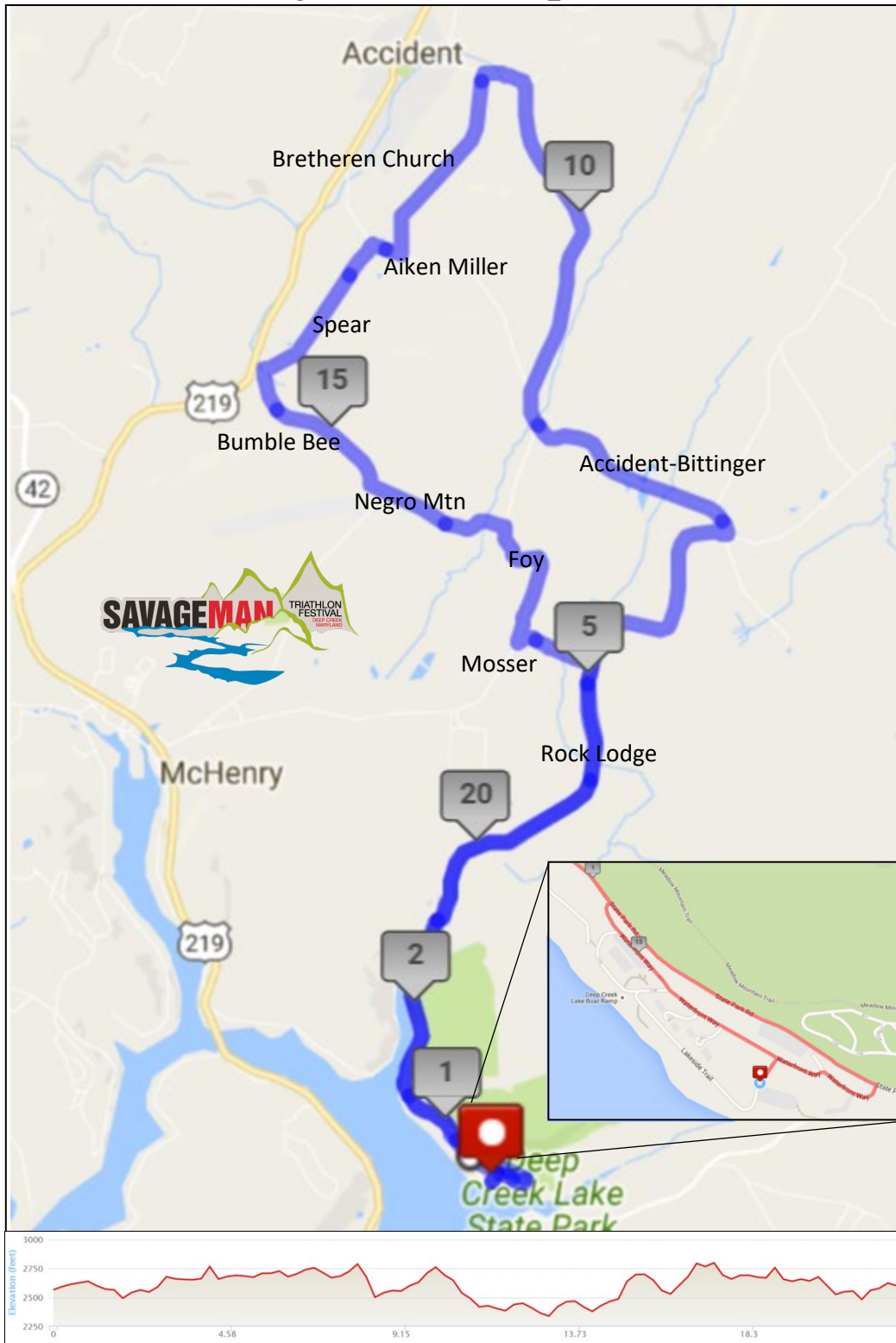


Athletes doing the 30.0 will swim 1500 meters in the crisp, clear waters of Deep Creek Lake. Buoys will generally be on your right as you progress through the course. Yellow triangle buoys and turtles need to be kept on your right, orange round buoys are for sighting only and can be passed on either 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 30.0 Bike Course_22.9 Miles



The Savage30.0 Bike Course is a great ride with a mild start, several steep descents and climbs. While not as challenging as the 70.0 course, it is a great introduction to the outstanding cycling available in Deep Creek. Athletes leave the park via the main entrance and return via the boat ramp entrance.

SavageMan 30.0 Run Course_6.2 Miles



The SavageMan 30.0 consists of 2 loops of the new 5K course. This course is flat along the lake with a challenging climb in the State Park campground that is done twice. The course is shaded throughout and the running surface is a combination of paved roads and packed gravel trails. Water and a sports drink will be available every mile.

