

# El Reno Rogue Triathlon

4/4/20

**PLEASE NOTE THIS IS AN EXTREMELY GLORIFIED TRAINING DAY. ROADS WILL BE OPEN AND YOU MUST OBEY ALL TRAFFIC LAWS. STOP SIGNS WILL BE EXTREMELY MINIMAL ON THE BIKE COURSE. THE ROUTE USES VERY LOW TRAFFIC ROADS BY DESIGN AND WILL BE DETAILED IN FULL. IT WILL NOT BE CHIP TIMED BUT WILL BE TIMED BY A RUNNING TIMER.**



## T-SHIRTS??

Would you or anyone in your group be interested in purchasing a shirt to commemorate the day? You would only pay for the exact cost of the shirt which is \$13. If you would like 1 or 10 or 27 please let us know the quantity and size via email. We will only order enough to cover exactly what people have requested. We need to know by **March 17** so the order can be produced in time.

[Roguemultisport@gmail.com](mailto:Roguemultisport@gmail.com)

## Course Description

**Swim-** the exact swim course is still being finalized. It will either be a 2 or 3 loop swim for kayak coverage of the entire course. The water temperature is expected to be in the high 50's to low 60's so it is highly recommended that you use a wetsuit. If you do not have one please let us know and we will see about getting some extras for people to use.

**Bike-** the bike course will be a modified out and back and is detailed on page 3. There will be one manned aid station on the bike course that you will pass 3 times which will be miles 4, 27, and 50.

**Run-** the run will be a 3 loop course and is detailed in full below.

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## RUN COURSE DETAILS

The run will be a 3 loop course. Please note the loop sequence- 1st loop clockwise, 2nd loop counter-clockwise, 3rd loop clockwise.

What is the reason for this? Well have you ever done anything where the run changes direction on the same Course? You have now!

## AID STATIONS

There will be two aid stations on the run course. 1 will be at the transition area and the other will be on the opposite side of the lake. Note that the aid station at transition will be manned and the aid station on the opposite side of the lake will be unmanned. Gatorade, water, gels, potato chips, and pretzels will be provided at the transition aid station. The aid station on the opposite side of the lake will have Gatorade, water, gels, and homemade energy bars.

## RUN COURSE TERRAIN

The run course is predominantly flat. It will have 2 small climbs on each loop. There is not a single stitch of shade on the entire course so be prepared for some sun. There are two restroom facilities on the course that we will try to make sure are open. Signage will be provided at the turns and the run turnaround to start the 2nd and 3rd loop.

### **What will be provided at aid station on the bike course?**

Gatorade and water both in sport top bottles, pretzels, chips, fruit, and a few other homemade goodies.

### **What is the terrain like on the bike?**

The bike course is a rolling course with the majority of hills between miles 8 and 46 with flatter sections before and after.

If you would like a file to view the course it can be provided at your request.





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## BIKE COURSE POINT PHOTOS



Point B



Point C



Point D



Point E

## GOING GREEN

In an effort to be a 'leave no trace race' all of the hydration will be provided in 5-gallon water jugs. As many people have witnessed during races, one of the largest disposable items used is cups and bottles for fluid. In an effort to reduce that impact, all of our events will



use bulk jugs for people to fill bottles and flasks whenever possible. Please help us in this task by providing bottles on the bike or run course that you can refill.

**LAST BUT CERTAINLY NOT LEAST!!!**

## Rogue Gravelesque 2020

Who likes swimming and biking and certainly some running at a new venue? We are excited to announce the next event on the calendar for 2020 will be Rogue Gravelesque. It will be a gravel triathlon located in scenic Stroud, Oklahoma later this year. Don't have a gravel bike you say? Well how about a mountain bike? Or maybe even a road bike with some different tires? Everyone is invited to this free event and free to compete on anything non-motorized. The date and exact course will be detailed next month so stay tuned! Don't feel like swimming? Bike-Run is for you then! Don't have a gravel bike or want to ride the gravel roads? Swim-Run is your calling! There will be options for everyone. Pick your combination of disciplines and we will make it happen!