

2016 Frisco Triathlon Course Description

12k Bike:

- Start at the boat ramp/transition area right onto Campground Road (paved road)
- Left onto Ballfonz Blitz (*This is an unmarked trail; it is a dual track dirt trail that is located just to the east of a large mulch parking area that is used for Two Below Zero chuck wagon rides. If you arrive to the stop sign at Recreation Way and the Campground Road you have gone too far*).
- Continue on Ballfonz Blitz and stay right as they trail does a 'Y'
- Ballfonz Blitz will intersect with Crown Point Road (dirt road) and this intersection you make a slight right and an immediate left where you will bike past large piles of dirt; continue to wrap around left and you will run into a single track trail that will take up uphill. This trail is Buzz Saw, also an unmarked trail
- Continue on Buzz Saw and when you come to a 'T' intersection with the 'Dicky Trail,' take a left to continue on Buzz Saw West
- Buzz Saw West turns into Buzz Saw East> veer left onto Buzz Saw Spur which turns back onto Buzz Saw East
- Buzz Saw East and Buzz Saw West will intersect again; veer left and continue onto Buzz Saw West until it reaches Crown Point Road
- Turn right onto Crown Point Road
- Turn left onto Crossover
- Turn left onto Jody's East
- Right onto Crown Point Road
- Right onto Jody's West (this turn is unmarked; steep gravel uphill road which turns into a single track trail)
- Jody's West takes a slight right and turns into the Boat Ramp Switchback trail which will intersect with Crown Point Road
- Once you hit Crown Point Road, take your immediate left and ride down Olympia's Link
- Olympia's Link will bring you back to the Campground road where you will take a right and end in the transition area.

5k Run:

- Start at the boat ramp/transition area
- Turn left onto Lakeshore Perimeter
- Right onto Perimeter Connect
- Left onto Crown Point Road
- Left onto Rocky's Ride
- Right onto Crossover
- Right onto Crown Point Road
- Right onto Perimeter Connect
- Left onto Lakeshore Perimeter
- Right onto the Campground Road and end in the transition area