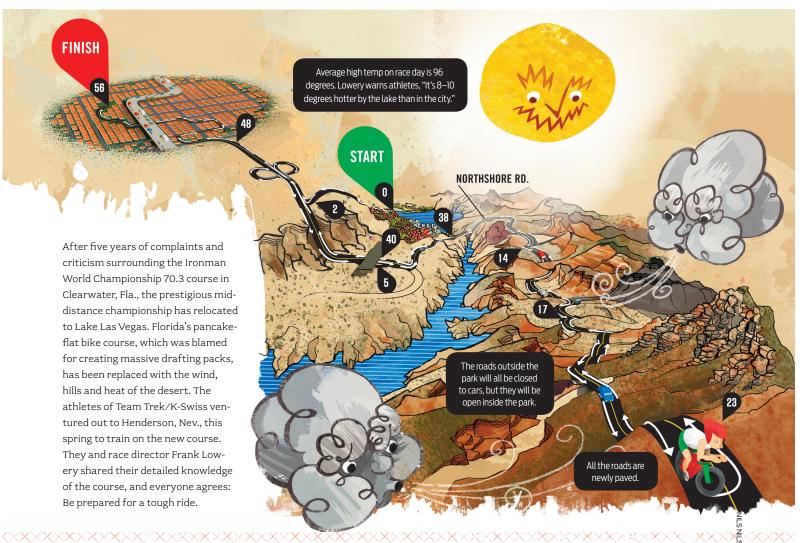
## **IRONMAN WORLD CHAMPIONSHIP 70.3 BIKE COURSE PREVIEW**



Mile 0-2: The climb away from Lake Las Vegas toward Lake Mead Drive lasts almost 2 miles at a steady 3–4 percent grade.

Miles 5 and 40: Entrance/exit to Lake Mead National Recreation Area. "Inside the Lake Mead National Recreation Area, the wind can come from any direction," warns Lowery. "There's no rhyme or reason as to where it comes from; but there is no hiding from it."

Mile 14: Aid stations at mile markers 14, 28, 40 and 47 wilk be stocked with water and Powerbar Ironman Perform.

Mile I7: "It's constant 3- or 4-minute hills on the way out and back as soon as you're in [Lake Mead State] Park. The longest is leading to the turnaround," says 2009 Xterra World Championship runner-up Lesley Paterson. Mile 23: After riding through the turnaround, be prepared to face a headwind. "The wind takes your momentum on the downhills. You have to go as hard downhill as you do up," says Heather Jackson.

Mile 38: "The climb shoots straight up," says Lowery. "It's just a bear."

Miles 48-56: The ride into T2 is a gradual, constant climb through the city of Henderson. "It almost looks like a faise flat, so it could be easy to get a little disillusioned," says Pâterson. Lowery says it's a "phantom hill that can make a fool out of you if you're not careful." The course gains about 450 feet of altitude from T1 to T2. "The roads in the city are not technical at all. There are very few times to get out of the aerobars," according to Lowery.

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