



AUKEMÁN TRIATHLON



Athlete Guide
Jökulhlaup Edition
2026

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Our sponsors have allowed us to continue improving the event without increasing the cost to our athletes. This event could not be what it is without their generosity!..... 14

And Thank You From Our Board! 15

Aukeman 2026

Race Weekend Schedule

- Friday, July 31, 2026: Course setting on trails and Auke Lake. Bike course signs and cones cached, but not setup.
- Saturday, Aug 1, 2026
 - 9am-12pm, 1pm-2pm: Packet Pickup @ UAS Plaza
 - 9am-Done: Transition, Finish area built up
 - 12pm-1pm: PreRace Briefing @ UAS Lecture Hall in Egan Classroom Building
- Sunday, Aug 2, 2026 - Race Day @ UAS Plaza and Parking Lot
 - 5:30am: Volunteers start arriving
 - 6:00am: Transition Opens
 - 6:45am: Olympic Triathlon/Aquabike Distance athletes to starting line at UAS Dock
 - 7:00am:
 - Olympic Triathlon/Aquabike Distance starts
 - Warning to athletes that transition will be closing
 - Sprint Triathlon/Aquabike Distance to starting line @ UAS Dock
 - 7:07am: ALL Duathlon Distances start from Start/Finish Line in UAS Plaza
 - 7:15am:
 - Sprint Triathlon/Aquabike Distance starts
 - First athletes start leaving the water
 - Transition closed
 - 8:30am: T1 Cutoff for all distances
 - 8:30:13am: Sprint Course Record Finish Time
 - 9:36:49am: Olympic Course Record Finish Time
 - 10:00am: Beer Garden and Forno Rosso open
 - 11:30am-12:00noon:
 - Estimated finish of Red Lantern Athlete
 - Awards Ceremony for all events, all distances following arrival of the Red Lantern Athlete
 - 1:00pm-2:00pm: Transition clear and clean up under way – Please have your transition area cleaned up and be aware that remaining gear will not be in a secured transition area.

Safety and Rules

Rules Information

- We use standard USAT rules. See the Aukeman website or USAT for details.
- Time penalties are more likely to be assessed for safety related rules than competitive ones.
- If you are worried about your times for qualification reasons... This is a smaller race and just about everyone will finish high enough to get an invite to USAT age group nationals. “Chill Bruh.”
- If you are withdrawing from the race while on course, please do so at an aid station and tell the volunteers to notify the race director.

Safety Information

- Swim Safety:
 - “Watch Me” swim caps in bright yellow are available for anyone who would like one. These caps allow athletes to self-identify as wanting more attention from safety staff. Ask for a cap at registration/packet pick up.
 - Lifeguards are spread throughout the swim course and will be marked with a bright yellow lifeguard tube.
 - CCFR (fire dept.) surface rescue is on scene with a motor boat. An ambulance is staged at the boat ramp. (Subject to change.)
 - Volunteers will have paddle boards and kayaks throughout the swim course. These can be used as rest points for athletes as long as no forward progress is made.
- Bike Safety:
 - Cycle Alaska will have 2-3 support vans on the course. These are staffed with 2 people, a driver and a mechanic. Basic assistance is available to all athletes. Athletes who drop while doing the bike can get a ride back with these vehicles.
 - CCFR may have a fast response car and ambulance on the course. (Subject to change.)
 - Cyclists need to complete passes and move back into the bike lanes. **Do not bike 2-across.**
 - Do not stop close to wildlife.
 - If you see a bear ahead, just make yourself heard. It may or may not move away from the hillside it is eating on. Black bears along the road are used to cars and tourists stopping for photos. Bikes less so... Don't hug the wildlife.
- Run Safety:
 - Trails have roots, stones, loose gravel, and possibly animal leavings... Watch your step.
 - First Aid is available at the aid stations where runners are exiting the rain forest.
 - A medical volunteer or two will be circulating on the run course, riding mountain bikes.
 - If you encounter wildlife, make yourself heard. If it's a black bear, be loud and make yourself big. Wait for the bear to head into the forest before proceeding.

Courses

Unified Course Overview

All events (Sprint & Olympic Distances of Tri/Aqua/Dua) are run simultaneously. Start times are based around everyone leaving the first transition between 7am – 8:30am. **Please be considerate of others** as this event does have a lot of newer participants in multisport.

How courses overlap:

- On the swim, all athletes leave from the UAS boat dock, keeping buoys on their right. The only buoy to the left will be the Green TRIANGLE, marking the single left turn. The swim exit is at the Auke Lake boat ramp.
- On the bike, all athletes will turn left out of UAS, heading out the road.
- Aquabike athletes are done when they arrive back in Transition.
- On the run, all athletes will leave transition towards the Auke Lake boat ramp, run along Glacier Hwy, and run the Auke Lake Trail.

Where the courses diverge:

- On the swim:
 - Sprint athletes turn right at the Blue Triangle Buoys.
 - Olympic athletes turn right at the White Triangle Buoys.
- On the bike:
 - Sprint athletes U-turn at the Northern Tee Harbor pullout.
 - Olympic athletes do a U-turn at Amalga Harbor Rd.
- On the run:
 - Sprint athletes do a loop around Auke Lake
 - Olympic athletes do 2 laps of the sprint course around Auke Lake.
- Duathlon – See the next page!



Duathlon and Aquabike

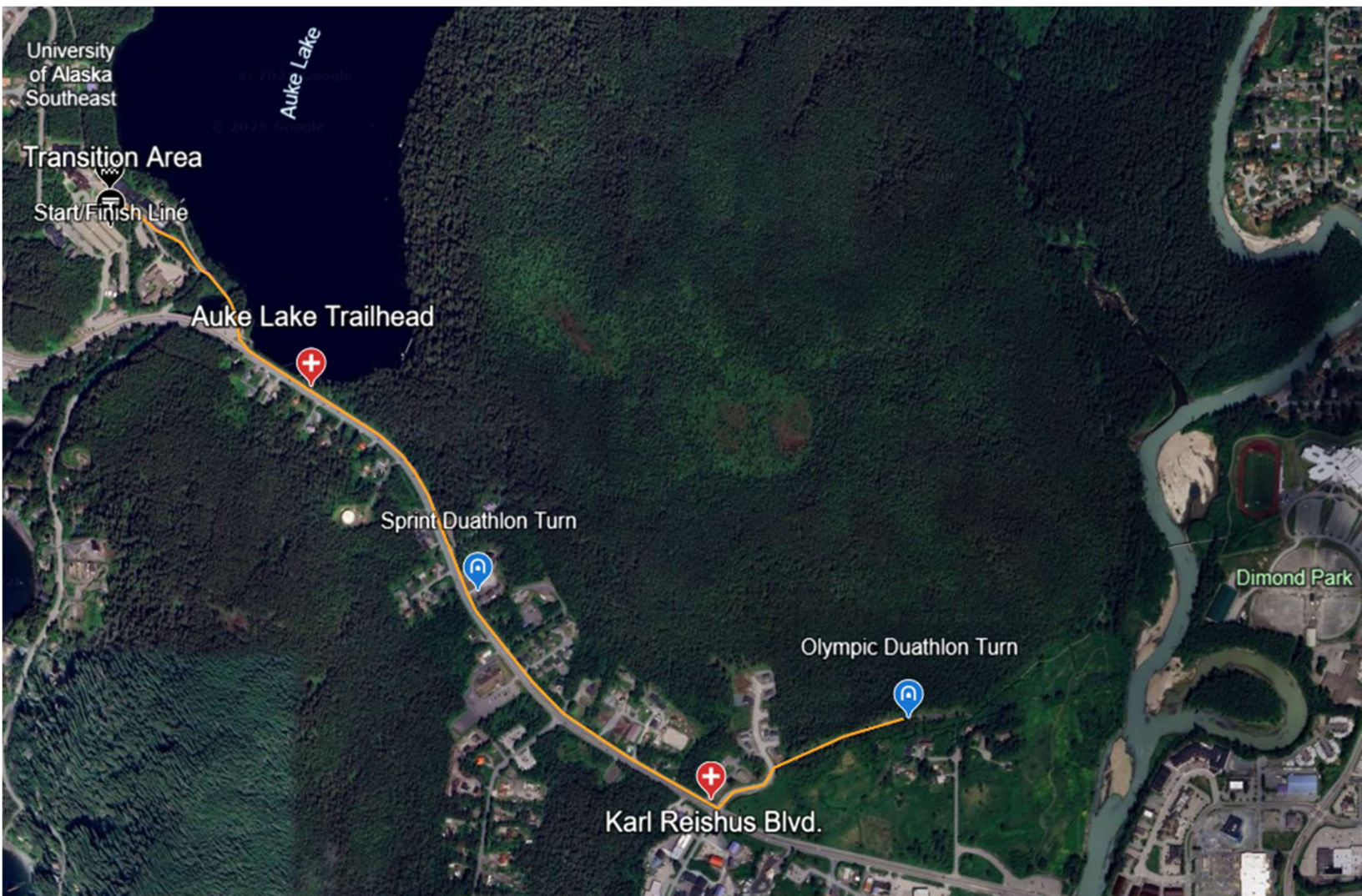
AQUABIKE

Aquabike athletes will start with the triathlon athletes at the UAS Dock, continue following the triathlon courses, and complete their race when they arrive in Transition.

Duathlon

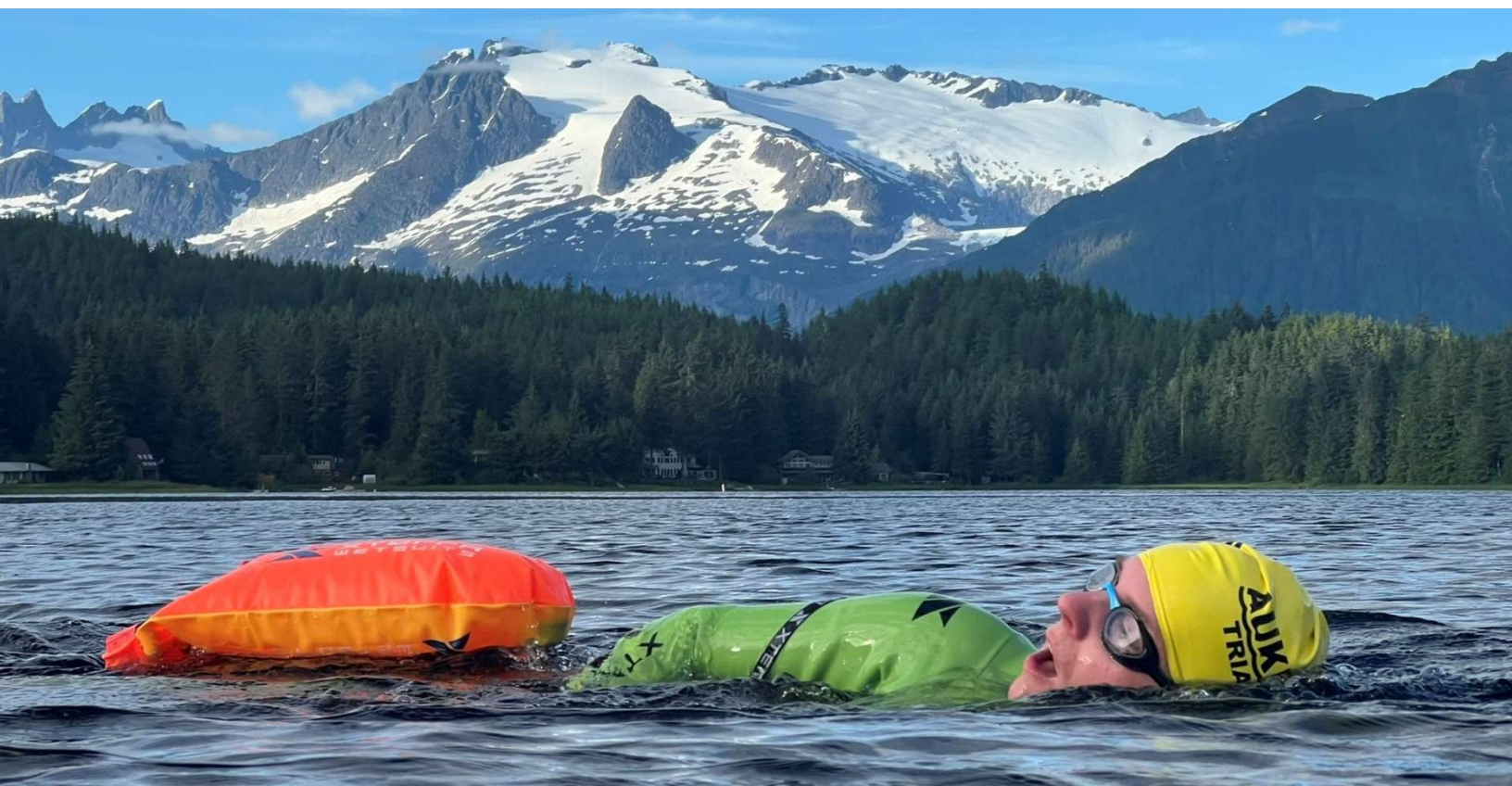
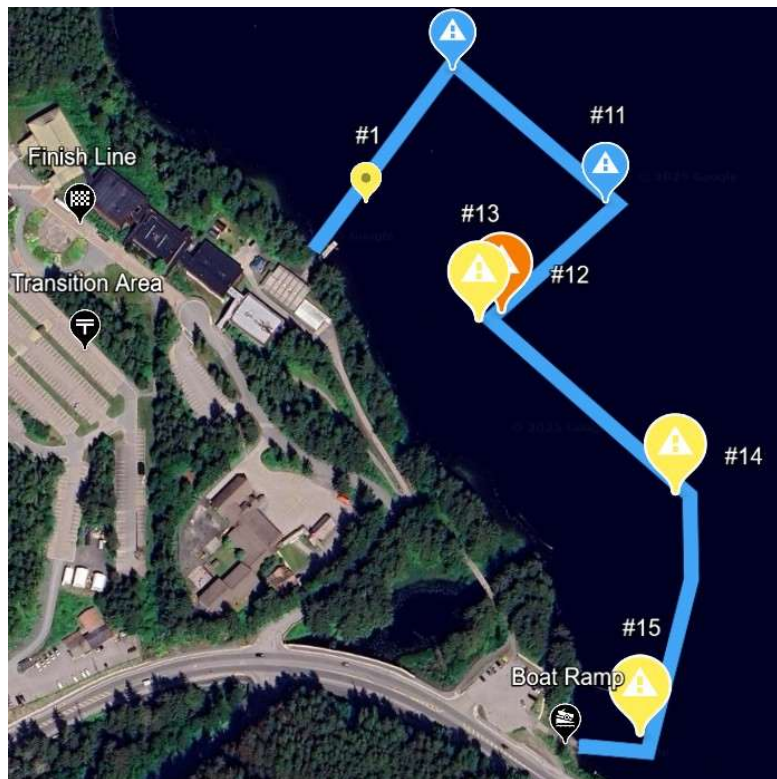
Both Sprint and Olympic distance duathlon athletes run an out and back route to start their event. They run at the same time. The U-Turns for each distance are clearly marked.

- Run start is at the Start/Finish Line in the UAS Plaza. Sprint Leg 1 is 2.5k. Olympic is 5k.
 - Run towards the Auke Lake Boat Ramp.
 - Continue past the boat ramp onto the pedestrian path along Glacier Hwy.
 - Sprint U-Turn is at Calvary Court.
 - Olympic will continue to Carl Reishus Blvd, turn left, and continue for a short way onto the gravel access path towards Brotherhood Bridge Trail.
 - Olympic U-Turn is on the gravel trail.
 - Return to UAS transition area, following signage to parking lot. DO NOT go back to the start line.
- Bike courses follow the Sprint and Olympic distance triathlon courses.
- 2nd Run courses follow the Sprint and Olympic distance triathlon courses.



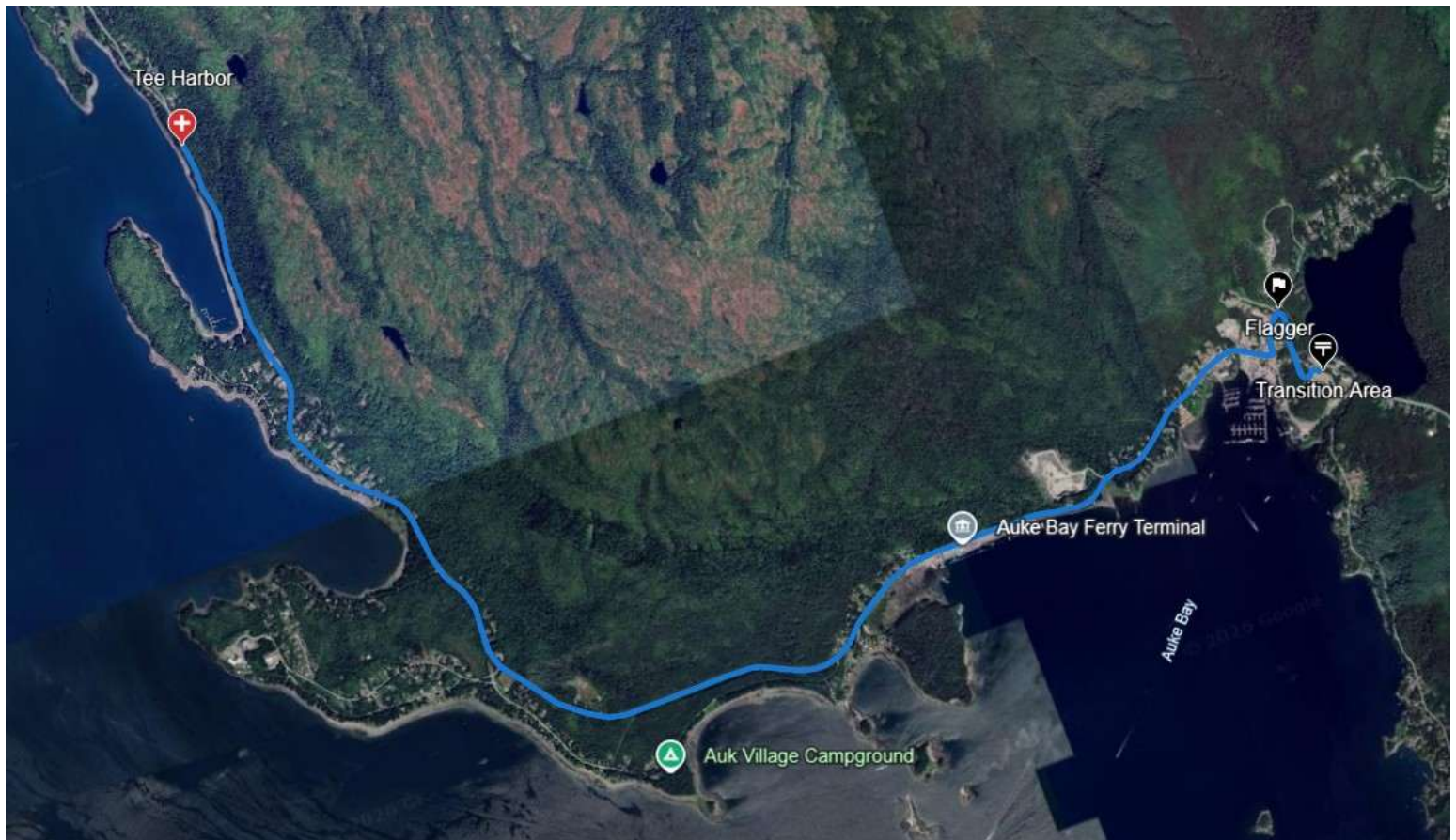
Sprint Course

- Auke Lake Swim - 750 meters
 - Gravel beach entry to Auke Lake at the UAS boat dock.
 - Swim out to the blue triangle buoy, turn right. Swim to the next blue triangle buoy, turn right. Swim to the orange triangle buoy, turn left. Keep the yellow triangle buoys on your right. Turn into the boat ramp after the last yellow triangle buoy. Head to transition.

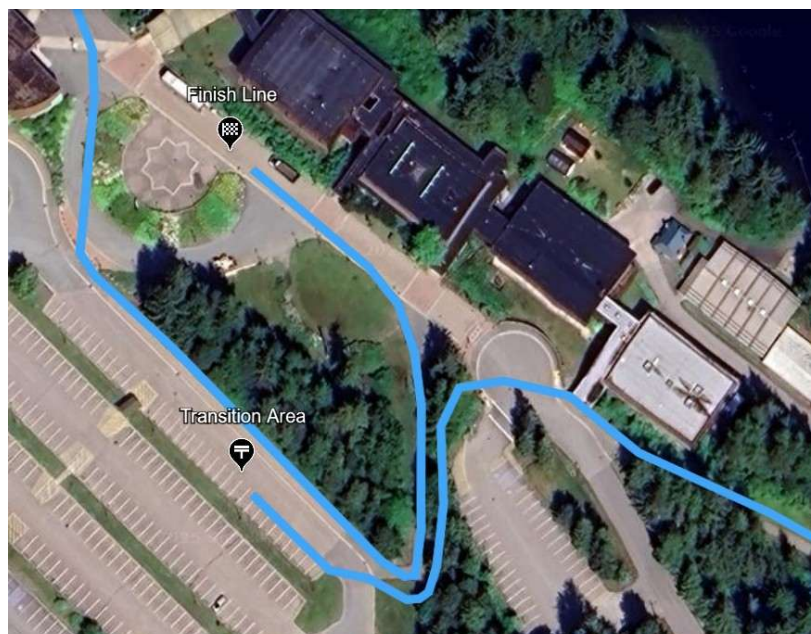
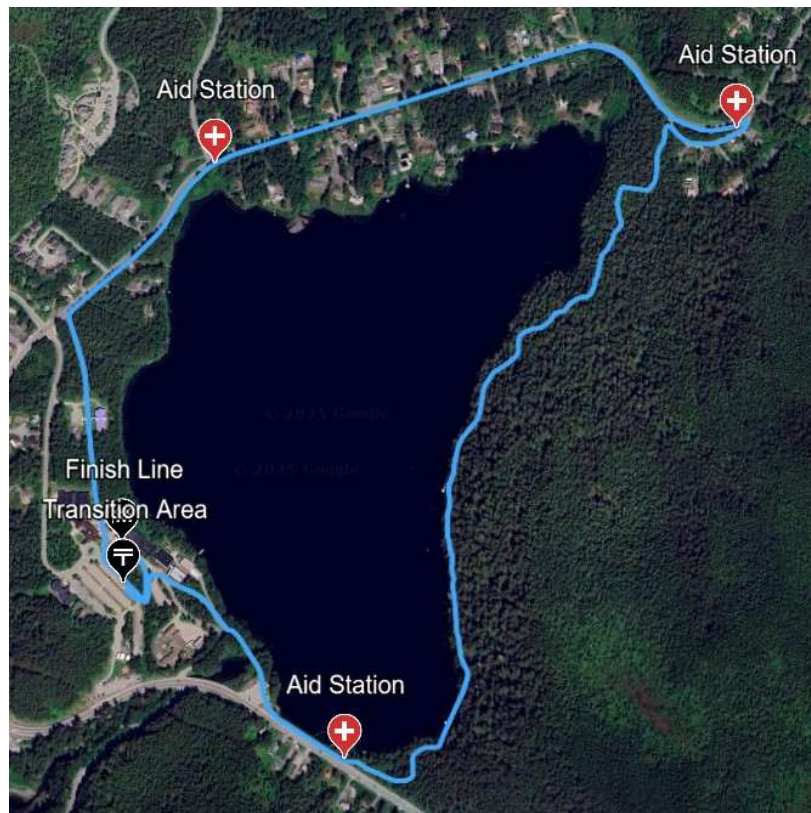




- Sprint Bike Course – 14.8 miles
 - Exit transition towards UAS exit on Mendenhall Loop Rd.
 - Turn left at Mendenhall Loop Rd.
 - SLOW DOWN. Take first right at the Auke Bay traffic circle. Merge with traffic, then get back into the bike lane. Go north on Glacier Hwy.
 - U-turn at the northern pullout overlooking Tee Harbor.
 - Go back to Auke Bay, going back through the traffic circle and up the hill to UAS.
 - Turn right on Auke Lake Way, back into transition.

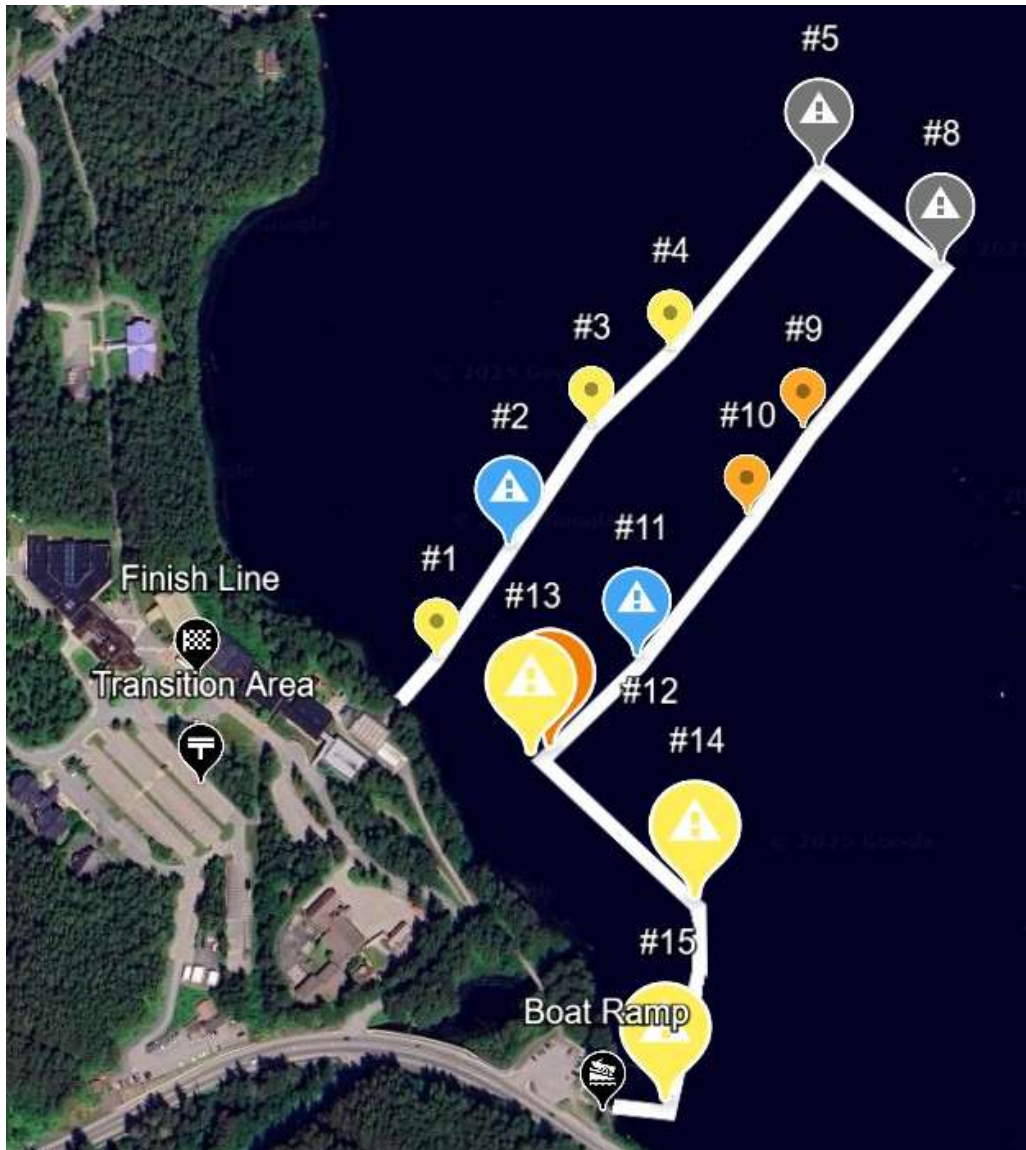


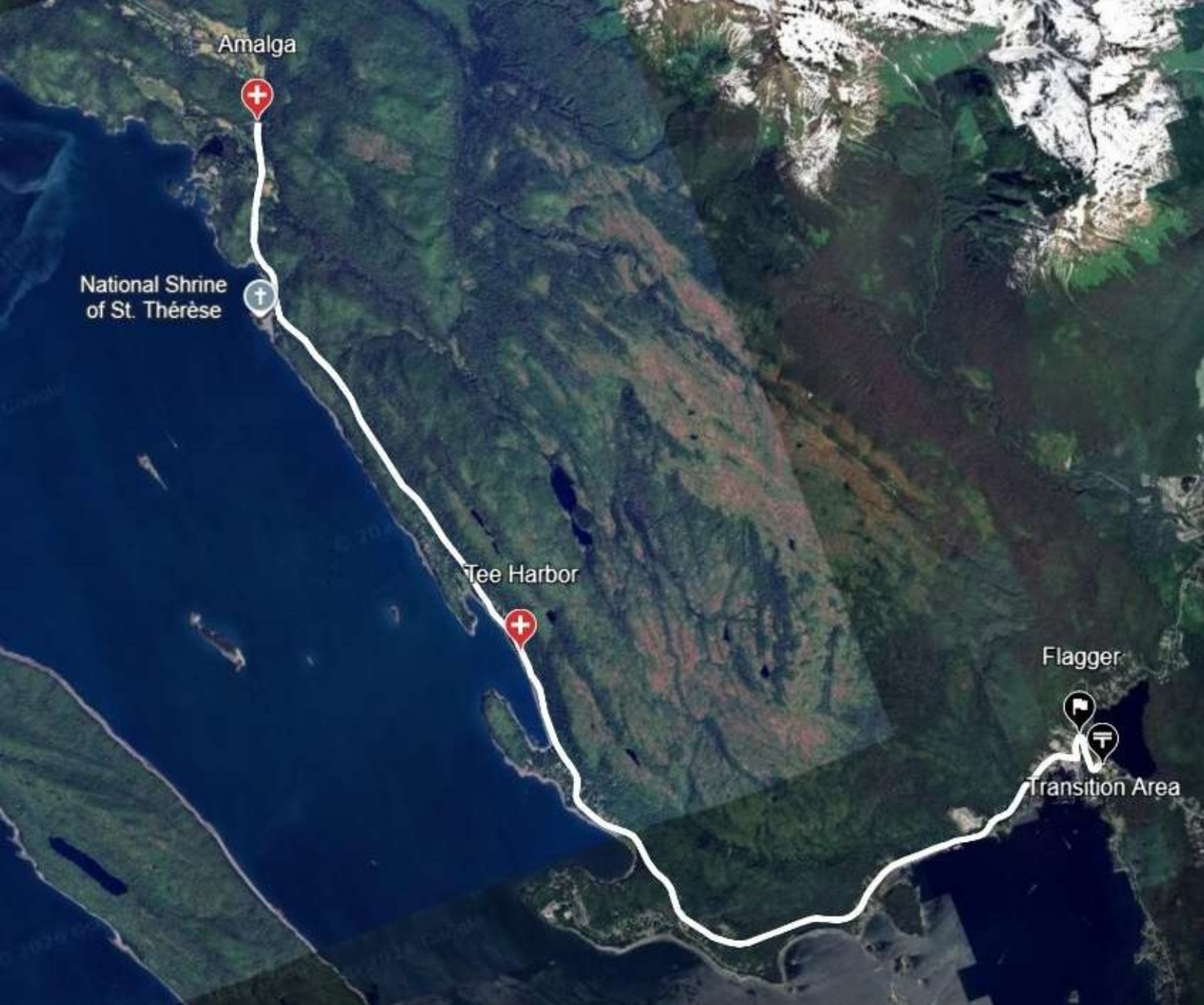
- Sprint Run Course – 3.1 miles
 - Run out of transition towards Auke Lake boat ramp.
 - Turn right onto Auke Lake Way.
 - Move from Auke Lake Way onto the pedestrian path to Auke Lake boat ramp.
 - Run past the boat ramp, following the pedestrian path along Glacier Hwy to the Auke Lake Trail.
 - Turn left at the aid station at the Auke Lake Trailhead. Gatorade, Water, and GU available.
 - Follow Auke Lake Trail to Goat Hill Road. Turn right.
 - Turn hard left onto Mendenhall Loop Rd after passing the Goat Hill Aid Station. Gatorade, Water, Nerds Gummy Clusters, & Port-a-Potty available.
 - Follow Mendenhall Loop Rd to the pedestrian path to UAS. Turn left.
 - Run between the beer garden and pizza truck, heading up along the transition area.
 - Run down the hill from transition and turn left into the finish line area.



Olympic Course

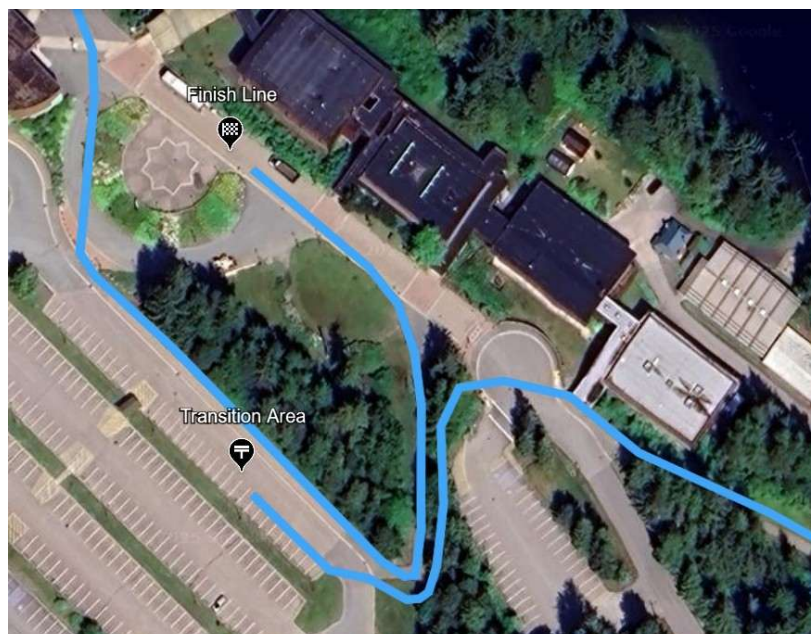
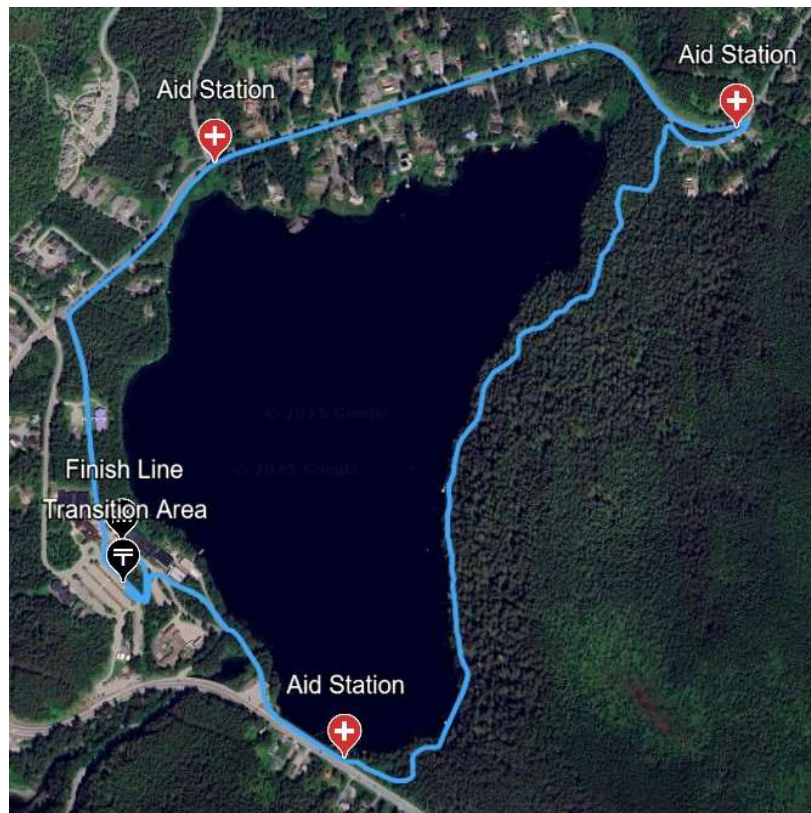
- Olympic Swim Course – 1500 meters
 - Gravel beach entry to Auke Lake at the UAS boat dock.
 - Swim out to the white triangle buoy, turn right. Swim to the next white triangle buoy, turn right. Swim to the Orange triangle buoy, turn left. Keep the yellow triangle buoys on your right. Turn into the boat ramp after the last yellow triangle buoy. Head to transition.

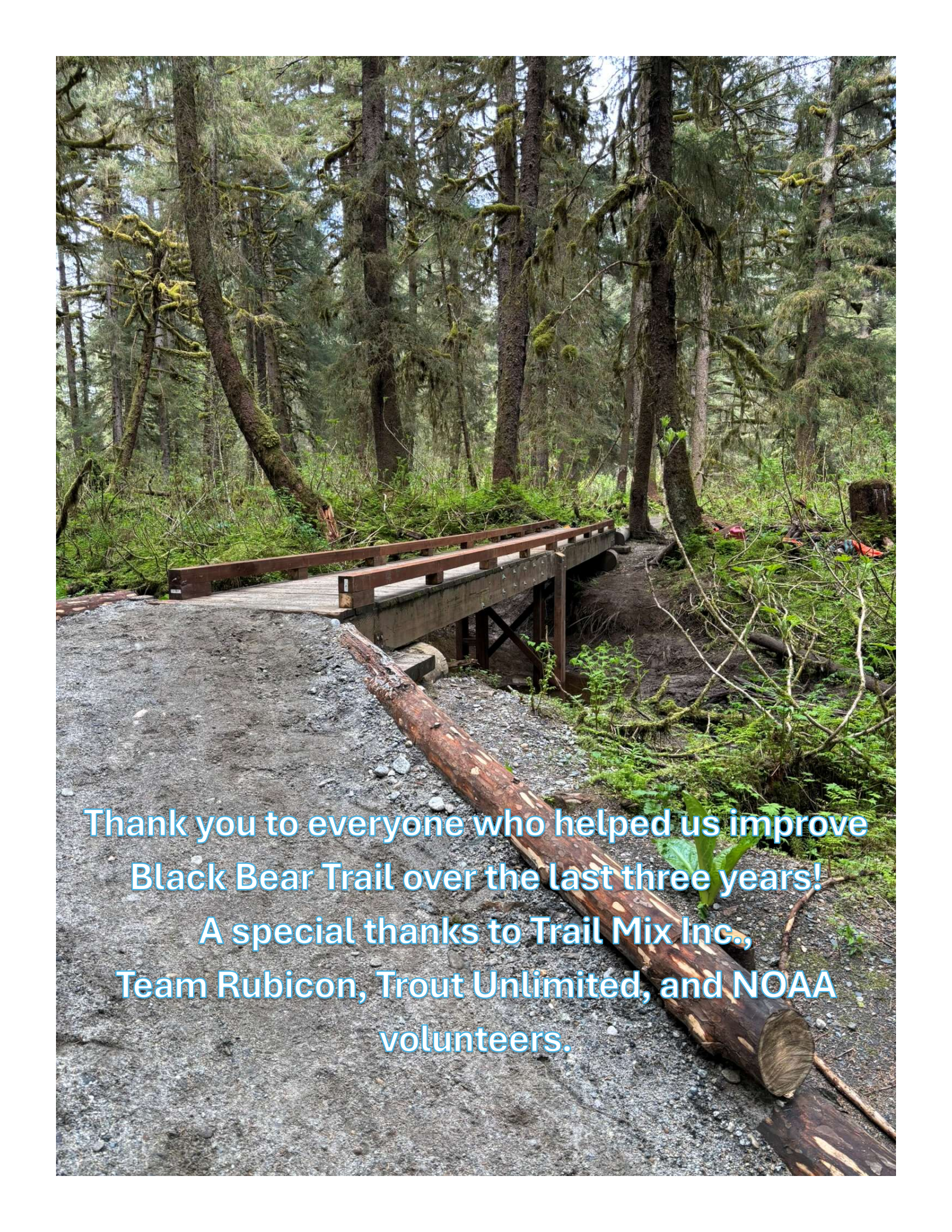




- Olympic Bike Course – 25 miles
 - Exit transition towards UAS exit on Mendenhall Loop Rd.
 - Turn left at Mendenhall Loop Rd.
 - Turn left at Glacier Spur Rd. Follow instructions of flaggers and signs.
 - U-turn at traffic circle in Glacier Visitor Center parking lot. Caution! This is where most people slip.
 - Turn right at Mendenhall Loop Rd. Follow instructions of flaggers and signs.
 - Aid station at University Drive: Gatorade and Water.
 - SLOW DOWN. Take first right at the Auke Bay traffic circle. Merge with traffic, then get back into the bike lane.
 - U-turn at the northern pullout overlooking Tee Harbor.
 - Go back to Auke Bay, going back through the traffic circle and up the hill to UAS.
 - Turn right on Auke Lake Way, back into transition.

- Olympic Run Course
 - Run out of transition towards Auke Lake boat ramp.
 - Turn right onto Auke Lake Way.
 - Move from Auke Lake Way onto the pedestrian path to Auke Lake boat ramp.
 - Run past the boat ramp, following the pedestrian path along Glacier Hwy to the Auke Lake Trail.
 - Turn left at the aid station at the Auke Lake Trailhead. Gatorade, Water, and GU available.
 - Follow Auke Lake Trail to Goat Hill Road. Turn right.
 - Turn hard left onto Mendenhall Loop Rd after passing the Goat Hill Aid Station. Gatorade, Water, Nerds Gummy Clusters, & Port-a-Potty available.
 - Follow Mendenhall Loop Rd to the pedestrian path to UAS. Turn left.
 - Run between the beer garden and pizza truck, heading up along the transition area.
 - Run down the hill from transition and turn right for a second lap.
 - After the second lap, turn left towards the finish line to complete your race!



A photograph of a wooden bridge crossing a small stream in a dense forest. The trees are covered in moss, and the ground is covered in ferns and other vegetation. A large log lies on the ground in the foreground.

Thank you to everyone who helped us improve
Black Bear Trail over the last three years!
A special thanks to Trail Mix Inc.,
Team Rubicon, Trout Unlimited, and NOAA
volunteers.

With Gratitude To Our Sponsors



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Our sponsors have allowed us to continue improving the event without increasing the cost to our athletes. This event could not be what it is without their generosity!

And Thank You From Our Board!

The Aukeman Triathlon has grown by events, participants, and quality each year. Thank you to our participants and volunteers for your ongoing support!

- The Aukeman Board



We hope to see you again next year!