

Athlete & Race Day Information Guide

XTERRA®

BRANSON MOUNTAIN MAN

September 13, 2025



Schedule

All activities at Table Rock State Park

Table Rock State Park
5272 Hwy 165
Branson, MO 65616

Friday, September 12

6:30pm - 8:00pm

Packet pickup at Table Rock State Park Pavilion

- (Across the parking lot from the Park Office)

Saturday, September 13

6:00am	Transition opens
6:15am – 7:30am	Packet pickup available at Transition
6:30am	Volunteer Arrival
7:45am	Mandatory pre-race announcements
7:58am	Athletes line up for start
8:00am	Race begins – Swimmers at the water
10:30-ish	Results & awards (we'll play this time line by ear)
Notables	Swimmer warm-up is at the athlete's own risk.

Transition area is restricted to athletes only until all athletes have completed the bike course.



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Time & Location

Saturday, September 13, 2025, race start @ 8:00 am

Table Rock State Park
5272 MO-165
Branson, MO 65616

Rules & Notables

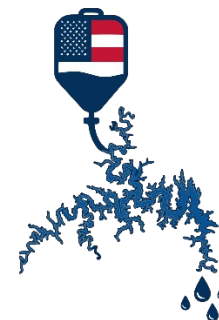
USA Triathlon: XTERRA Branson Mountain Man is a USA Triathlon Sanctioned event. In accordance with USA Triathlon, athletes will need to be conscious of the following applicable rules. Those who do not comply with these rules will not be permitted to participate in the event:

- See all [USA Triathlon rules and regulations HERE](#)
- USAT Membership – During registration athletes had to verify USAT membership. Because of this, all athletes are required to show photo ID at packet pickup.
- Water Safety – All athletes are required to wear the race provided swim cap.
- Bike Safety – All athletes are required to wear a bicycle helmet before leaving transition on the bike out and until back inside transition on the bike in.
- Handlebars – All bicycle handlebars must have the ends covered. Handlebars may not have the tubular end exposed – this is for rider safety.
- Bibs / Race Numbers – The bib, bicycle, and helmet numbers must be visible at all times.
- Wetsuits – Wetsuits are not required to participate. If water temperature is 78 degrees or lower, athletes are permitted to wear one and still be USAT "legal" and in the running for awards. We will take water temp the morning of the race to determine if the event is wetsuit legal.
- [Easy wetsuit read HERE](#)

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Rules & Notables....simply written differently:

Timing – XTERRA Branson Mountain Man is a chip timed race. Your anklet must be outside of any clothing (pants, socks, wetsuit if applicable).

Weather – In case of thunder/lightning storms, we will delay the start of the race until we have been thunder/lightning free for 30 minutes. For example, if there is lighting at 7:55 am, we will delay the race until at least 8:25 am.

If we continue to experience thunder/lightning or the organizers see it as unsafe to continue with the open water swim, we may choose to abort the swim portion of the race and only provide the bike and run.

Heavy rains may also delay the start of the race, per the organizers' discretion.

Handlebars – Per USA Triathlon and XTERRA regulations, all handlebar ends must be capped. For example, the rubber grips on your handlebars must cover the entire opening of the end of the handlebar. Organizers will have end caps and duct tape and quarters available for make-shift handlebar closing if need be.

Swim caps – All athletes must wear the race provided swim caps, which ensures that you are in the correct event/heat.

Wetsuits – USA Triathlon dictates that athletes may legally use a wetsuit if water temperatures are 78 or below. We will test the water temperature the morning of the race and make announcements regarding water temperature.

Bike support – Local bike shop will be at transition from race morning through the time the last athlete exits on the bike-out to give some minor tune-up support and adjustments.

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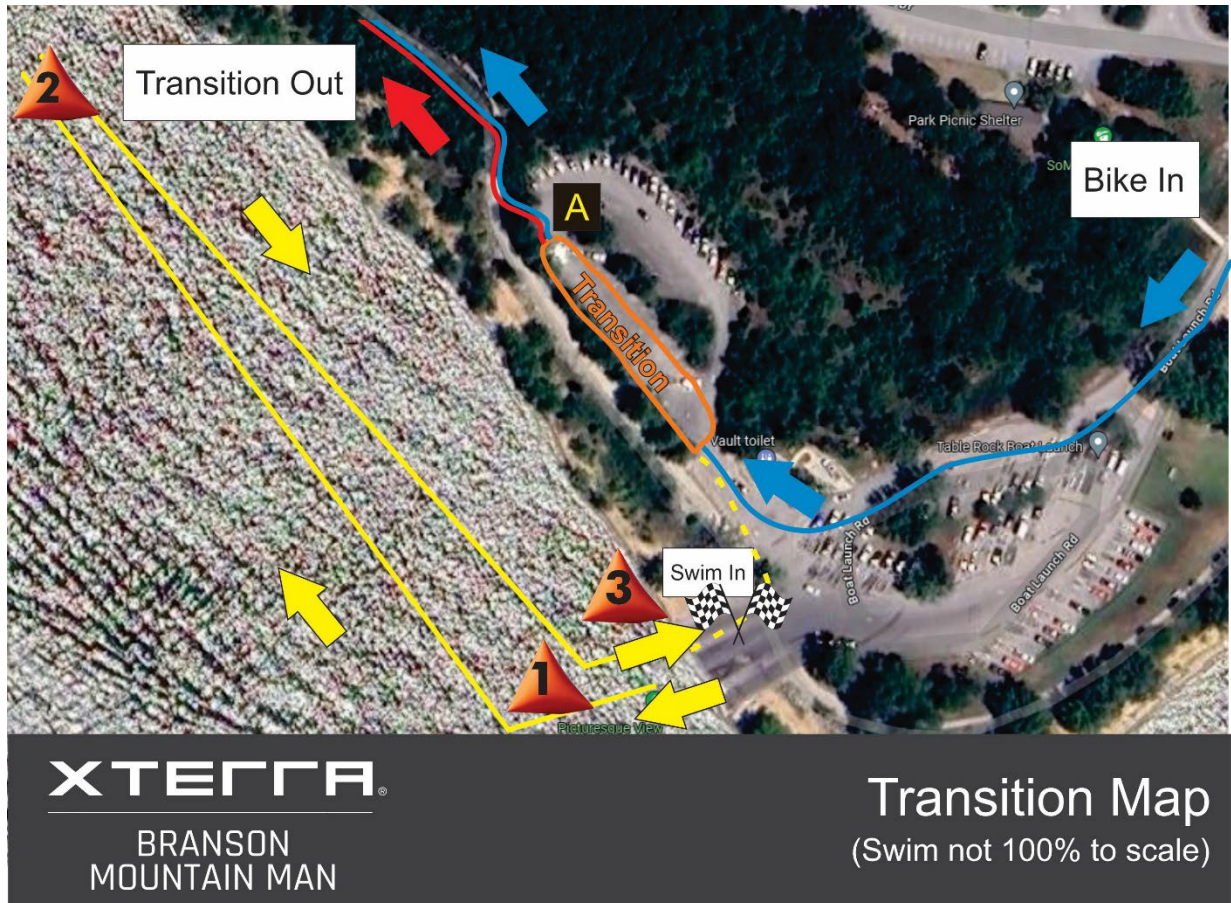
Thank you for keeping our swimmers safe!



Thank you Turkey Creek for your continued support!

Course & Transition

The course takes you through the White River Valley Trail System. This is an **OPEN COURSE**, which means that there will be traffic on Hwy 165 and athletes **may need to yield to traffic** leaving transition when going to the **NORTH SIDE** of Hwy 165. The **NORTH SIDE** will be coned along the shoulder's white line to give athletes a safe route from transition to the bike course. We ask that you ride in the grass off the shoulder, both for safety and because you'll be on a mountain bike.

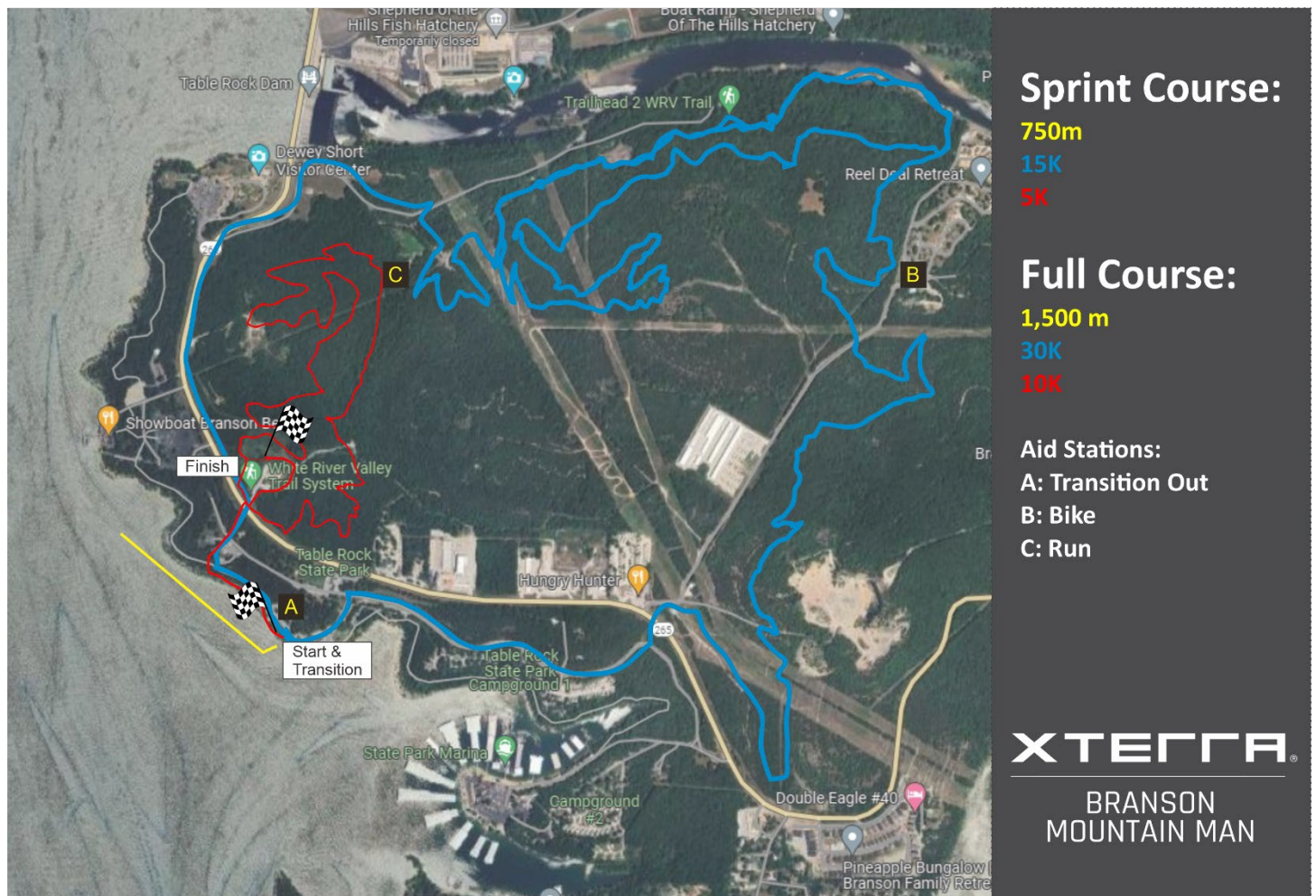


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Downhill Bikes – our mechanics of choice!



Course Map & Instructions



The Sprint Course:

- 750-meter lake swim
- 15K mountain bike
- 5K trail run.

The Full Distance Burly Course:

- 1,500-meter lake swim
- 30K mountain bike
- 10K trail run

Each race follows the same instructions with the exception that the Full Burly Course is essentially two laps of each segment. See proceeding pages for segment descriptions

Sprint Swim: 750 meters

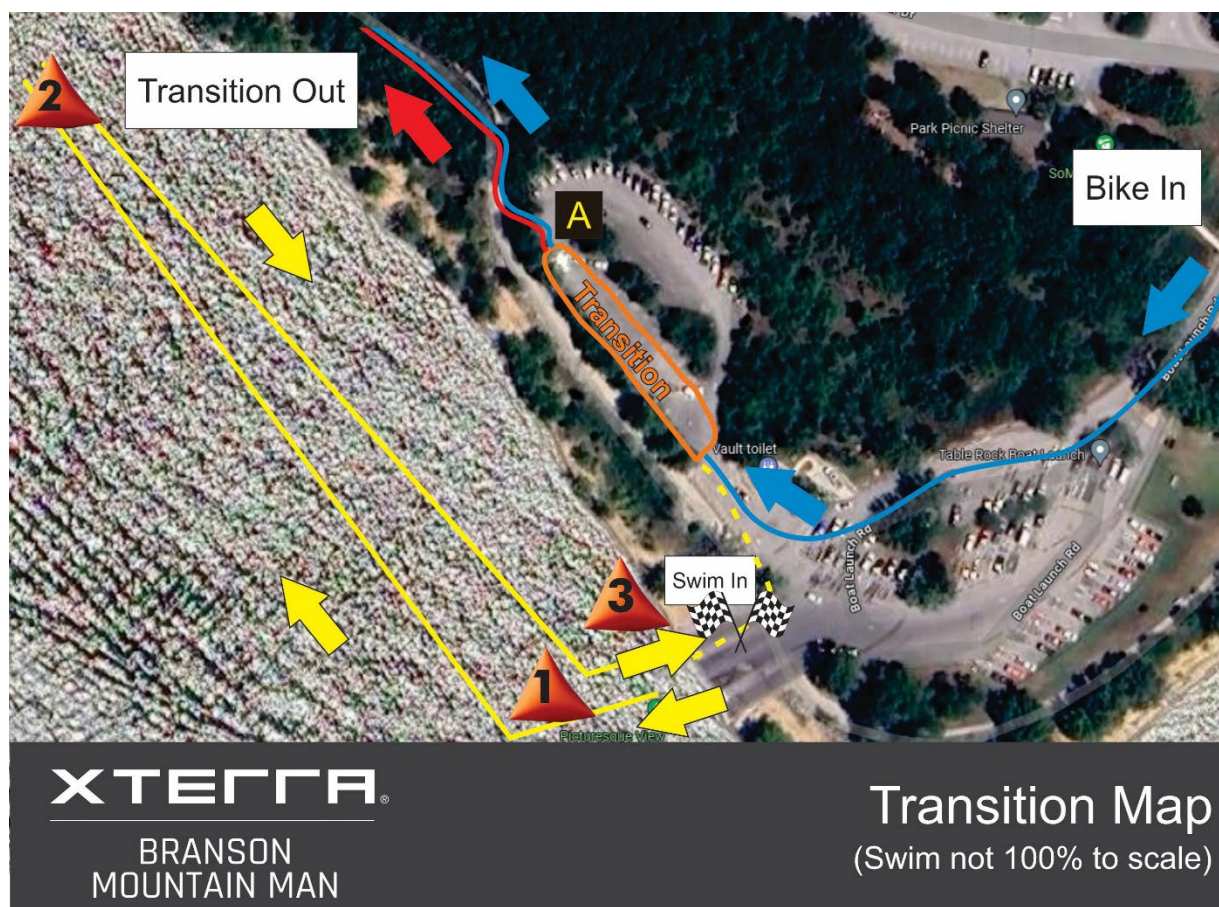
Full Burly Swim: 1,500 meters

Start: All swimmers will line up single file at the boat ramp / water's edge for a chip start.

Full Distance Swimmers will enter the water first, immediately followed by Sprint swimmers.

All swimmers will start by swimming out past Buoy 1 (20 meters +/-) all the way out to Buoy 2 keeping Buoy 2 on the RIGHT, swim back to Buoy 3 keeping it on your left, then up the boat launch.

- **Sprint Swimmers:** Exit the water at the checker flag/boat ramp and enter transition.
- **Full Bury Swimmers** will complete the same course as the Sprint but will exit at the boat launch and complete an Aussie Swim for lap two. After the second lap, exit the water at the boat ramp and enter transition.



Sprint Bike: 15k

Full Burly Bike: 30k

Athletes will exit through the rear of transition onto the sidewalk then making a quick right turn onto the service trail, passing the maintenance building and crossing the Hwy and making an immediate left onto the grass across from the Red Loop trailhead.

Hwy Patrol should be stopping traffic, however this is an **OPEN COURSE**, which means that there will be **traffic on Hwy 165 that may or may not stop for you**. **Athletes may need to yield to traffic** leaving transition when going to the **NORTH SIDE** of Hwy 165. The **NORTH SIDE** will be coned in the grass. The official course is through the grass off the shoulder, both for safety and because you'll be on a mountain bike and why not!

Cyclists will pass the Dewy Short Visitor Center entrance to the service road where signage will point you to the right, past the parking lot, and turning right onto a trail entrance (there will be signage and volunteer present).

- Left on Connector 2
- Straight on Blue Trail where you ultimately make a loop and a half. Once coming back around coming to the same point you just passed where you will now make a right turn (watch out for other bikers entering the course)
- Wrap it up on Blue onto the Connector 3 trail
- Completing the 1.5 loops you'll come to Connector 4 trail towards the Orange Loop.
- Take a left onto the Orange Loop
- Take a left onto the Connector 5 towards the Green Loop.
- Take a left going uphill onto the Green Loop
- At the fork, go left to the Trophy Run Trailhead.
- Left out of the Trophy Run Trailhead, follow signs towards and over Hwy 165
- Cross Hwy 165 **Athletes may need to yield to traffic; traffic on Hwy 165 that may or may not stop for you**. onto the cutoff trail inside the Park
- Right onto State Park Rd following the signs back to transition.
- **Sprint Cyclists:** Follow the signage into transition!
- **Full Burly Cyclists:** Follow the signage taking your along the left side of Transition In and onto the sidewalk back out for lap two. Complete lap two, enter transition.

Sprint Run: 5k

Full Burly Run: 10k

Same as leaving the bike transition: Athletes will exit through the rear of transition onto the sidewalk then making a quick right turn onto the service trail, passing the maintenance building and crossing the Hwy going into the Red Loop trailhead.

Hwy Patrol should be stopping traffic; however this is an **OPEN COURSE**, which means that there will be traffic on Hwy 165 that may or may not stop for you. **Athletes may need to yield to traffic** leaving transition when going to the **NORTH SIDE** of Hwy 165.

Cross the street immediately and turn left onto the Red Loop and follow it clockwise as the trail will be marked with red arrows and race tape.

- **Sprint Runners:** Follow the flagging and fencing all the to and under the finish arch!
- **Full Burly Runners:** Follow the flagging and fencing to your SECOND Lap of the run. Prior to the Finish shoot, course marking will direct you to veer right, going alongside the finish shoot and back onto the Red Loop. Signage will direct you where to re-enter the course to complete your second lap.

Finish

Finish line festivities, vendors, food, and storytelling!

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Thank you Ozark Mountain Realty Group for being this year's t-shirt sponsor!



Lake Life Drips on your bibs and waiting for you at the end for "rehydration!"

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Helping to keep the swimmers safe; thank you Kayak Branson!



Thank you, Turkey Creek Brewery for your continued support!

More Sponsors!



All the time, energy, effort, [wo]man power....we can't say enough about Explore Branson's commitment to the success of this race!



Downhill Bikes donates their time and expertise to provide athletes with some pre-race bike support!

THANK YOU! THANK YOU! THANK YOU!

Everyone at Table Rock State Park is utterly amazing! A great venue and a wonderful, helpful, cheerful staff!

