

<i>Location</i>	<i>Swim</i>	<i>Bike</i>	<i>Run</i>	<i>Comment</i>
<i>New Zealand (March)</i>	Starts with a deepwater start 64 degrees	Brief climb out of Toupo to start each of 2 laps. Then relatively flat with a few rolling hills.	Follows the shores of Lake Taupo and back to town for 2 laps Expect rolling hills.	Can rain with afternoons in the mid to high 70s.
<i>S. Africa (March)</i>	2 loops with a run between laps. 62 to 77 degrees.	3 laps with each lap having a sustained 6 mile climb.	3 laps of very flat course.	Temp around 70s. May have heavy winds.
<i>Australia (April)</i>	2 loops with a run between laps. 62 to 77 degrees.	3 loops with gently rolling hills apart from one main climb.	2 loops. 1 st is through the city, 2 nd is along the Pacific Drive.	Mild temp between 50 – 70.
<i>Arizona (April)</i>	One loop in man made lake. 65 – 75 deg.	3 laps of flat course	Even flatter than the run.	High humidity with temp in 80s.
<i>Lanzarote (May)</i>	2 loops.	One of the hardest routes. 8300 ft climbing high winds.	Relatively flat 4 laps.	High temp to contend with 70-80s.
<i>Brazil (May)</i>	Cool enough for wetsuits.	Very fast and smooth.	Consists of a 21 KM loop and 2 10.5KM loop. Mostly flat with only 1 sharp climb in the shorter loop.	Temp in mid 70s
<i>Japan (June)</i>	2 laps of wetsuit conditions 70s	Closed roads on 3 laps of flat, rolling and climbs up to 600 feet.	2 loops which will circum-navigate Mount Onidake.	Cool mornings with 70s in the afternoon.
<i>France (June)</i>	Beach start of 2 laps with a short run at the half way point	Very picturesque course of 5000 ft of climbing	Four laps back and forth on very flat and fast course.	Temp in mid to high 70s.
<i>Idaho (June)</i>	Swim in Lake with short run between the 2 loops.	2 laps. 1 st half has plenty of rolling hills. 2 nd half is flat but can be windy.	2 laps of the lake with 1 steep climb at the turn-a-round	Temp between 80-90.
<i>Switzerland (June)</i>	2 loops in Lake Zurich. Wetsuits will be allowed as long as temp below 75.	3 laps of Lake Zurich. 2 major climbs in each lap, Heartbreak Hill & the Beast!	4 laps through Zurich and the lake.	Temp between 77 – 86.
<i>Frankfurt (July)</i>	2 laps with brief run in between.	3 challenging hills of the 3 loops.	3 laps of flat course. Very good finish line party.	Temp about mid 70s but weather unpredictable.
<i>Austria (July)</i>	Triangular swim with wetsuits allowed. Temp mid 70s.	3 loops of flat and rolling sections.	2 laps of one of the fastest routes of the IM circuit.	Average above 70 but has been hotter.

<i>Lake Placid NY (July)</i>	2 laps in lake of 70s. Wetsuit allowed.	2 loops of plenty of rollers and 3 significant sharp climbs.	2 loops of relatively flat course apart from a few rolling hills.	Temp can be in the 80s.
<i>Sherburne, Dorset (Aug)</i>	Swim in lake. Wetsuits needed.	Challenging course of rolling hills throughout the course.	Mix of road and hard packed trail with rolling hills.	Temp mid 70 -80s.
<i>Canada (Aug)</i>	Swim in lake with a deep water start. Wind can whip up surface chop. Need wetsuits.	1 lap of 1 st 40 miles flat then go up over Richter Pass and Yellow Lake then roll back to Penticton.	Rolling run course out to Okanagan and back.	Typically good weather but can be unpredictable.
<i>Korea (Aug)</i>	2 loops off beach with wetsuits allowed.	1 lap of mixed terrain but nothing major.	2 laps of rolling city streets. Finish at World Cup Stadium.	Average temp of 78deg.
<i>Louisville (Aug)</i>	Swim in the Ohio River. Wetsuit allowed.	No sustained climbs but plenty of rolling hills.	Nothing major.	One of the hottest races in IM circuit. 80-90 with high humidity.
<i>Wisconsin (Sept)</i>	2 laps in lake. Wetsuit legal.	2 loops with extremely hilly with 3 tough climbs.	Mostly flat of the 2 lap course. Great spectators with one big climb.	Unpredictable weather between 50-90.
<i>Florida (Nov)</i>	Wetsuit legal 2 loops with short run in between. Can be choppy and strong current.	1 lap of extremely flat/fast course with light winds.	Extremely flat run course. Fastest in IM circuit. 2 laps.	Temp is about 70 but can be in low 40s in the morning. No humidity.
<i>Australia (Dec)</i>	Wetsuit swim in the Bay.	Fast 3 lap wind protected route through the forest on smooth pavement.	No hills of the 2 laps with no shade.	Cool mornings with afternoons going to 80s.