

SWIM COURSE

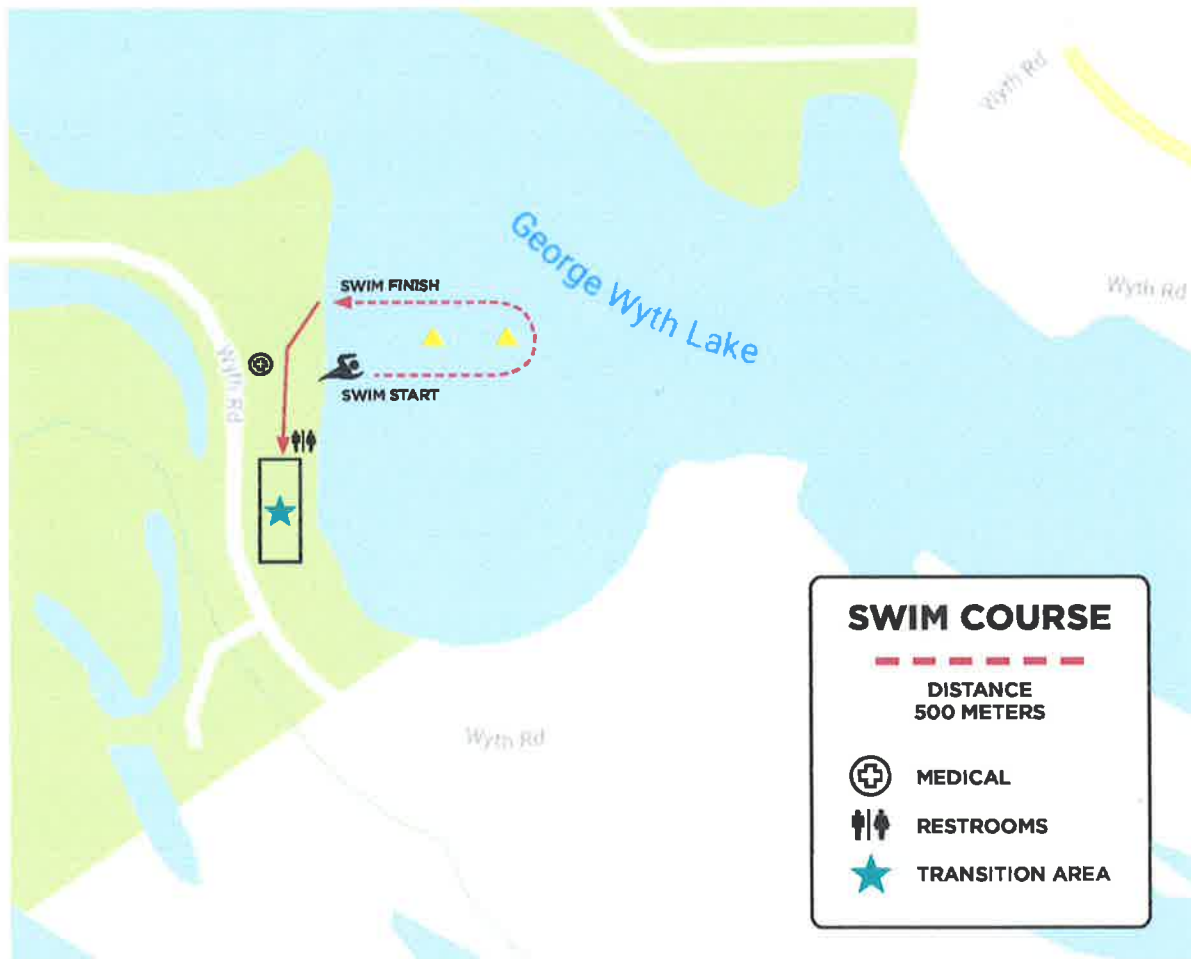
EVENT INFORMATION

SWIM 500 METERS

The Swim Course is an out-and-back swim that enters and exits the water on a boat ramp. The swim will be a time trial start. Athletes will line up based on their anticipated finish time. Athletes should swim with the buoys to their left at all times. Please pay special attention as return swimmers will be coming directly at you.

Water quality in George Wyth Lake will be tested for safety in the days leading up to the race.

If water quality is deemed to be unsafe for race day, the event will be a run-bike-run duathlon. Athletes will be notified of any changes as soon as possible after determination is made. Water temperature will also be measured to verify whether or not wetsuits will be allowed.



BIKE COURSE

EVENT INFORMATION



BIKE 15 MILES

The 15 mile bike course is flat and fast. The course includes turns, curves, and railroad track crossings, and portions will be open to public vehicle traffic. Areas requiring greater caution will be staffed by law enforcement and/or volunteers. Road hazards will be identified, but caution is advised throughout the course. CPSC-approved helmets are required of all participants.



BIKE COURSE

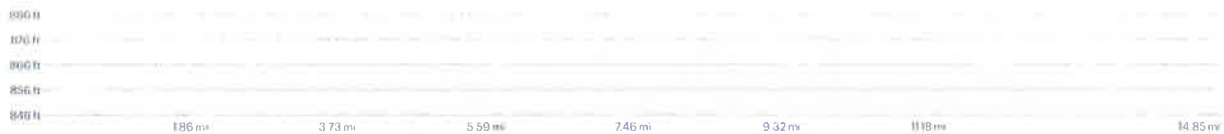
DISTANCE PROFILE

TURN-BY-TURN

- Begin on Wyth Road
- Left on Airport Blvd
- Left on W. Airline Hwy
- Right onto Leverage Road
- Left on E. Lone Tree Road
- Right on Big Woods Road
- Right on Dunkerton Road
- Turn Around at Mile 7.5 (Dunkerton Rd)
- Left on Big Woods Road
- Left on E. Lone Tree Road
- Right on Leverage Road
- Left on W. Airline Hwy
- Right on Airport Blvd
- Right on Wyth Road
- Head back to Transition

ELEVATION

Start Elevation: 854 FT
Max Elevation: 883 FT



A vehicle will lead the first athlete out of the Transition Area and around the entire course. Please note that some portions of the course will be open to public vehicle traffic. Local law enforcement and volunteers are provided at major intersections to help keep you safe. Traffic, however, is not required to stop so please stay alert to your surroundings.



RUN COURSE

EVENT INFORMATION



RUN 5K

The Run Course is a simple out-and-back route on park roads through George Wyth State Park. Starting at the Transition Area, athletes will turn right onto Wyth Road, turn right again onto Alice Road, and continue on until the turnaround. Then retrace your steps back to the Finish Line area. There will be three aid stations along the course with water, sports drink, and ice. Please note that park roads will be open to public vehicle traffic so please stay alert to your surroundings.



ELEVATION

Start Elevation: 853 FT

Max Elevation: 857 FT

