



	SWIM COURSE
	BIKE COURSE
	RUN COURSE

SWIM COURSE

- SHORT COURSE**
 Out and Back, starting at the City Park
- LONG COURSE**
 Out, the same way as short course, turns east & then back, in a triangle shape

BIKE COURSE

- Exit from City Park Transition
- RIGHT** at Park Street
 - RIGHT** at Roosevelt (turns into North Shore Dr)
 - LEFT** at Corbett
 - RIGHT** at Hwy 10 Frontage Road
 - RIGHT** at East Shore Drive
 - LEFT** at Oxcart Trail
 - RIGHT** at Hwy 10
 - RIGHT** at South Shore Drive
 - LEFT** to continue on South Shore Drive
 - RIGHT** at Shorewood Drive
 - RIGHT** at Long Bridge Road
 - RIGHT** at West Lake Drive
 - END** In City Park

LONG COURSE 2 LAPS

RUN COURSE

- City Park Transition to West Lake
 - Voyager Parking Lot
 - Pelican River underpass
 - Hwy 59 underpass
 - Dutton Locks Turnaround
 - Finish in City Park
- SHORT COURSE**
 East on North Shore Drive to Holiday Inn and back