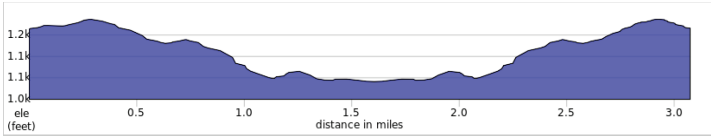
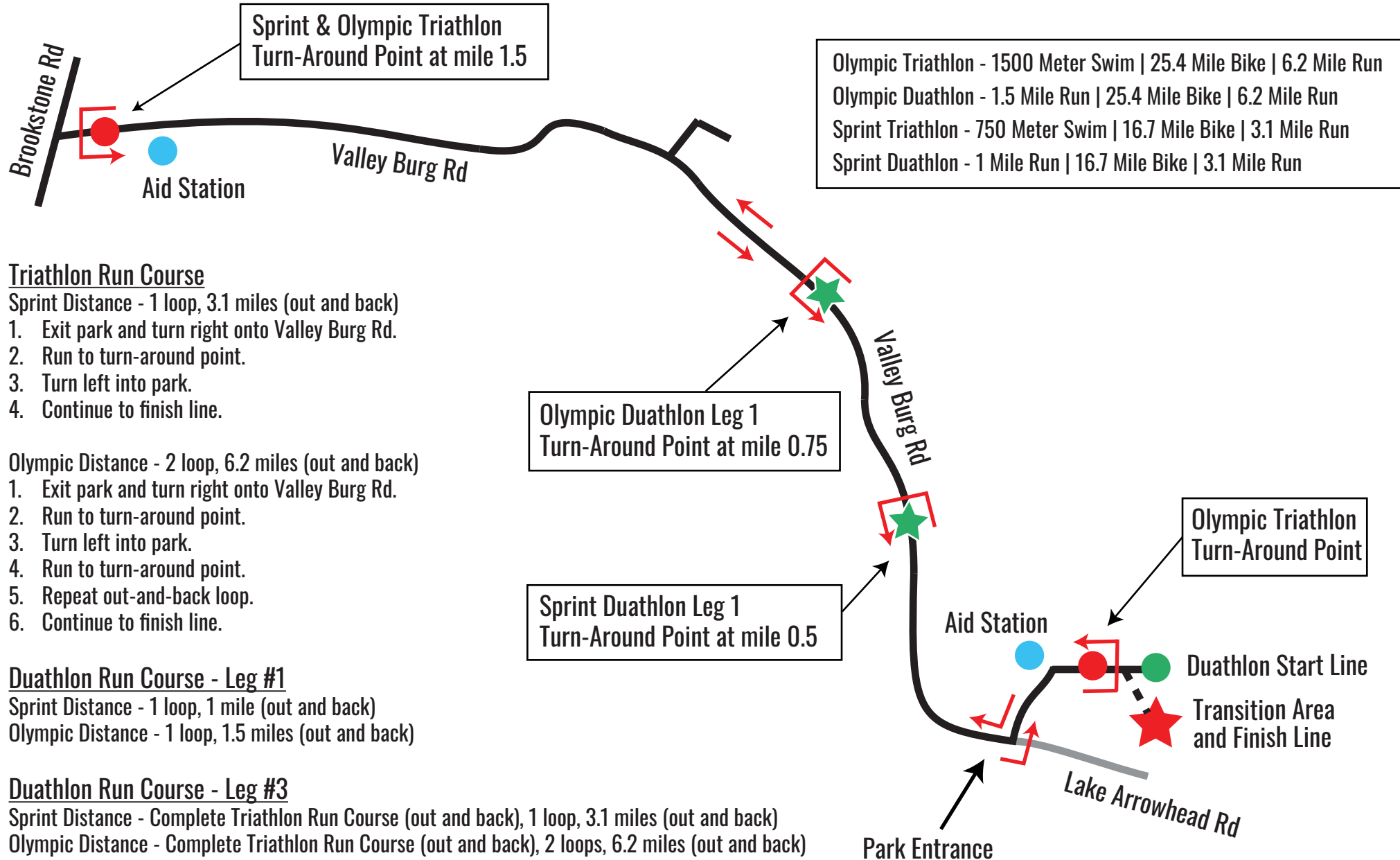
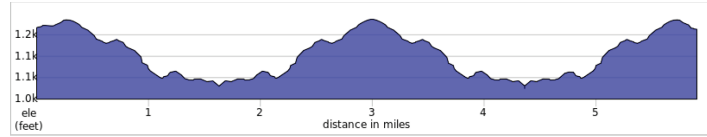


Sprint Triathlon



Olympic Triathlon



Olympic Triathlon - 1500 Meter Swim | 25.4 Mile Bike | 6.2 Mile Run
 Olympic Duathlon - 1.5 Mile Run | 25.4 Mile Bike | 6.2 Mile Run
 Sprint Triathlon - 750 Meter Swim | 16.7 Mile Bike | 3.1 Mile Run
 Sprint Duathlon - 1 Mile Run | 16.7 Mile Bike | 3.1 Mile Run

Triathlon Run Course

Sprint Distance - 1 loop, 3.1 miles (out and back)

1. Exit park and turn right onto Valley Burg Rd.
2. Run to turn-around point.
3. Turn left into park.
4. Continue to finish line.

Olympic Distance - 2 loop, 6.2 miles (out and back)

1. Exit park and turn right onto Valley Burg Rd.
2. Run to turn-around point.
3. Turn left into park.
4. Run to turn-around point.
5. Repeat out-and-back loop.
6. Continue to finish line.

Duathlon Run Course - Leg #1

Sprint Distance - 1 loop, 1 mile (out and back)

Olympic Distance - 1 loop, 1.5 miles (out and back)

Duathlon Run Course - Leg #3

Sprint Distance - Complete Triathlon Run Course (out and back), 1 loop, 3.1 miles (out and back)

Olympic Distance - Complete Triathlon Run Course (out and back), 2 loops, 6.2 miles (out and back)