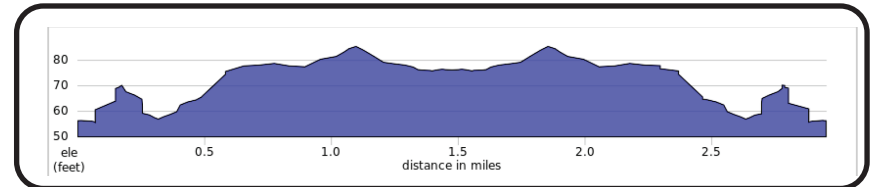
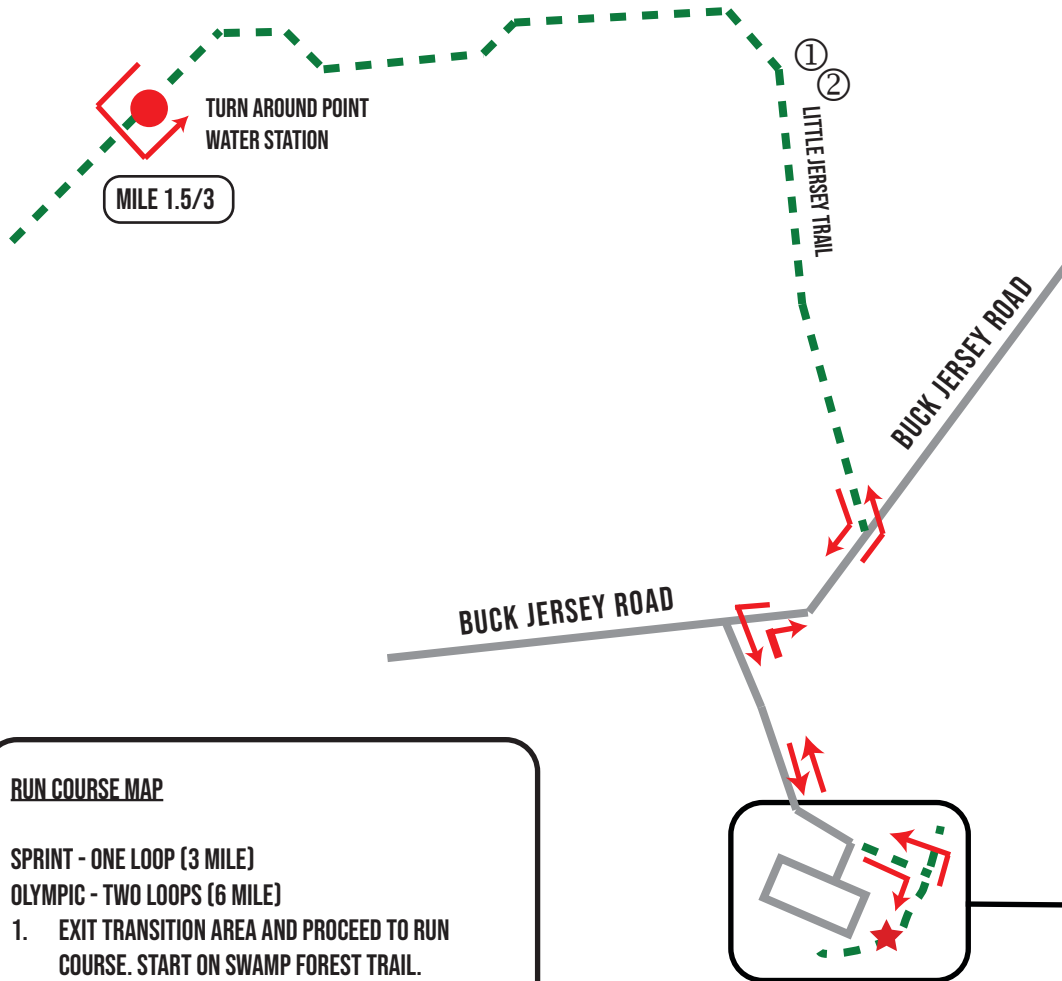


BEAR TRIATHLON

2025 RUN COURSE
UPDATED 5/14/2025



RUN COURSE MAP

SPRINT - ONE LOOP (3 MILE)

OLYMPIC - TWO LOOPS (6 MILE)

1. EXIT TRANSITION AREA AND PROCEED TO RUN COURSE. START ON SWAMP FOREST TRAIL.
2. RUN ACROSS FIELD AND ONTO PARK ROAD.
3. TURN RIGHT ONTO BUCK JERSEY ROAD.
4. TURN LEFT ONTO LITTLE JERSEY TRAIL.
5. TURN AROUND AT HALF WAY MARK.
6. REPEAT COURSE BACKWARDS TO THE TRANSITION AREA.

AFTER ONE LOOP OF COURSE:

SPRINT PROCEED TO FINISH LINE.

OLYMPIC RACE TURNS AROUND AND COMPLETES 2ND LOOP THEN PROCEEDS TO FINISH LINE.

WATER STATIONS AT MILE 0.1, 1.5, 3, 4.5.

