

BEAR TRIATHLON



Run Course Map

Updated 3.23.22

Sprint - one loop (3 mile)
 Olympic - two loops (6 mile)

- Exit transition Area and proceed to run course. Start on Swamp Forest Trail.
- Continue onto Connector Trail.
- Turn right onto Buck Jersey road.
- Turn right onto trail. Cross over dog park rd. Continue onto trail.
- Turn around at end of trail.
- Turn right connector then left onto Buck Jersey road.
- Turn left onto connector trail. Continue to mile 3.
- At mile 3, sprint race proceeds to finish line.
- Olympic race turns around and completes 2nd loop of course then proceeds to finish line.

Water stations at mile 0.1, 1, 3, 4 & 6.



SPRINT CONTINUE TO FINISH LINE.
 OLYMPIC TURN AROUND START 2ND LOOP.

— Paved Road
 - - - Natural Trail

