

Sprint Triathlon  
Run - 2 loops (3.1 Miles)

Sprint Duathlon  
Run Leg #1 - 2 loops (3.1 miles)  
Run Leg #2 - 2 loops (3.1 Miles)

Olympic Triathlon  
Run - 4 loops (6.2 Miles)

Olympic Duathlon  
Run Leg #1 - 2 loops (3.1 miles)  
Run Leg #2 - 4 loops (6.2 Miles)

Fort Ritchie Triathlon & Duathlon,  
Run Course, 1 loop = 1.55 miles  
Follow neon duck tape arrow on ground and  
course signage.

1. Exit transition area and turn RIGHT onto Redman Rd.
2. Turn LEFT onto Buena Vista Ave.
3. Turn RIGHT onto Grombacher St.
4. Turn LEFT onto Castle Dr.
5. Turn around at end of Castle Dr.
6. Turn RIGHT onto Grombacher St.
7. Turn RIGHT onto Lake Royer Dr.

Turn LEFT onto Redman to begin next loop.  
Continue STRAIGHT into finish line to  
complete run course.



RUN LOOP - 1.5 MILES, ELEVATION

