

# BEAR TRIATHLON



## 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. Continue onto Connector Trail.
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:

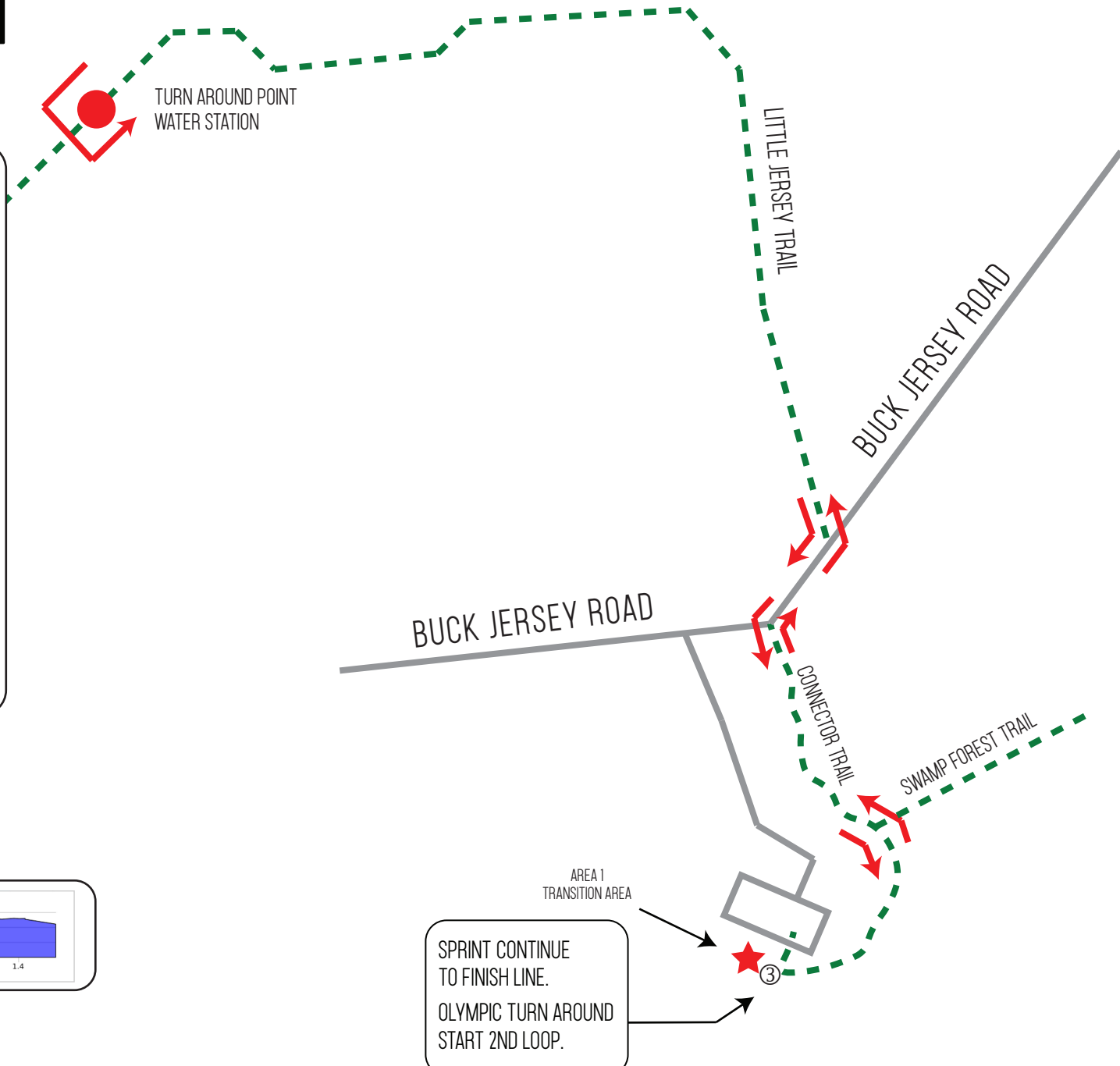
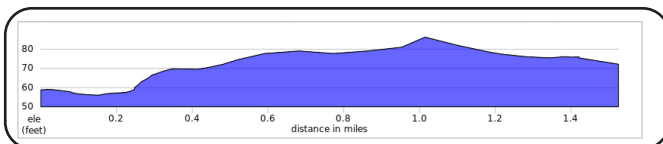
Sprint proceed to finish line.

Olympic race turns around and completes 2nd loop then proceeds to finish line.

Water stations at mile 0.1, 1.5, 3, 4.5.

— Paved Road

- - - Natural Trail



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