



RUN COURSE, 3.1 MILES

1. EXIT TRANSITION AREA (GRASS FIELD)
2. RUN OUT OF PARKING LOT ENTRANCE.
3. TURN LEFT ONTO SPILLWAY LANE.
4. RUN TO END OF SPILLWAY LANE, TURN AROUND.
5. TURN LEFT ONTO DOLPHIN DR
6. CROSS ASHGROOVE DR INTERSECTION ONTO SIDEWALK ON ASHGROVE DR.
7. TURN LEFT ONTO WATERWAY DRIVE - STAY ON SIDE WALK!
8. TURN LEFT ONTO SILVAN GLENN DR.
9. TURN LEFT ONTO LOGANBERRY LANE.
10. TURN RIGHT ONTO GOLF CLUB DR.
11. FOLLOW GOLF CLUB DRIVE ONTO PATHWAY AT END OF STREET.
12. CONTINUE TO FINISH LINE.

Lake Montclair
TRIATHLON

