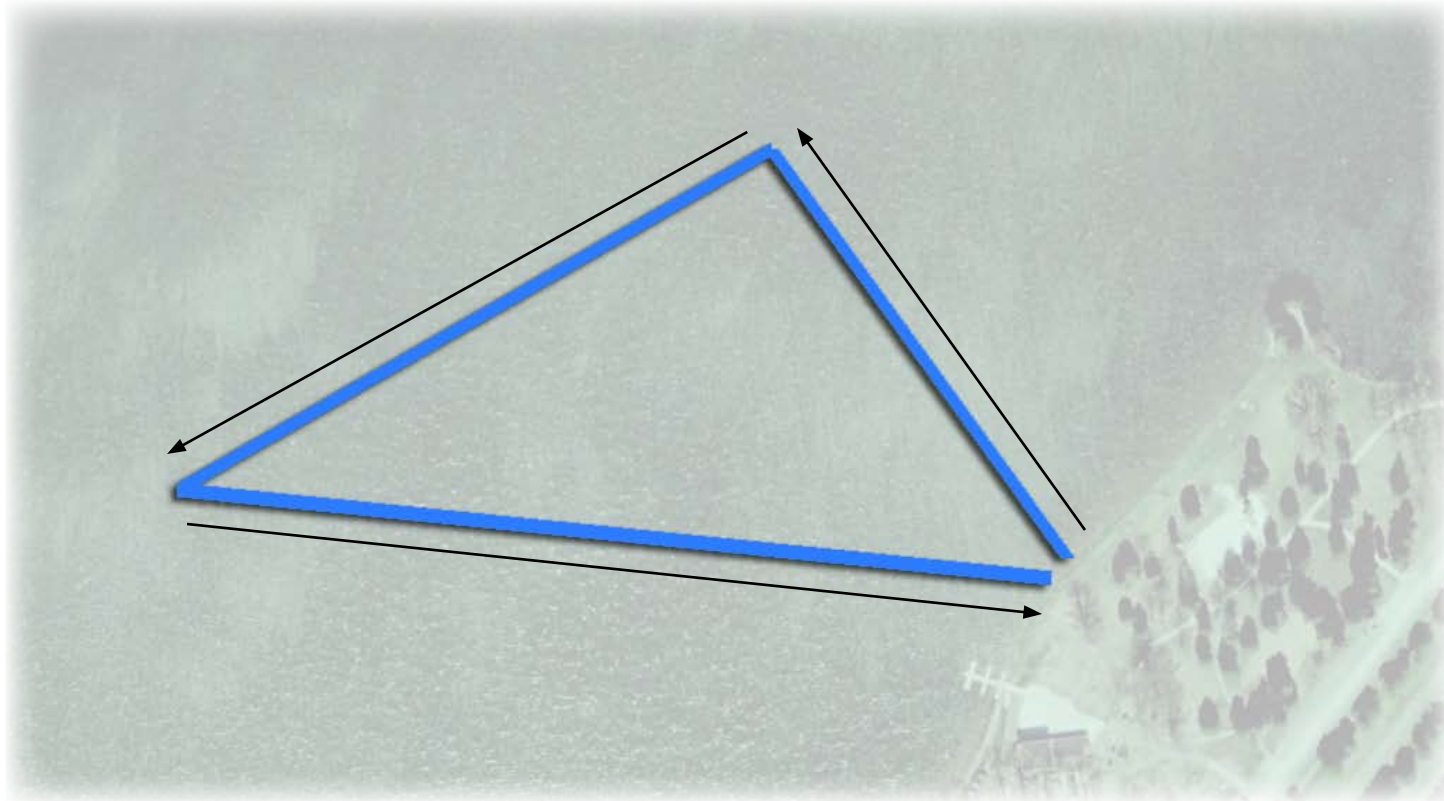


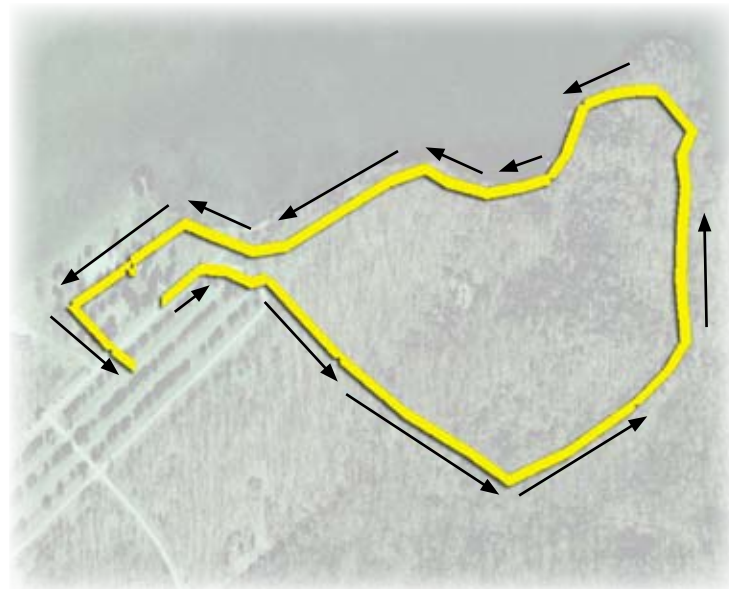
Sprint – Swim Map

Inverted triangle swim. Start from the shoreline between the markers, swimming out counter-clockwise to buoy - keeping the buoys to your left.
(Swim approximately .5 miles in lake)



Sprint – Duathlon Map

Starting near the finish line area, run counter-clockwise toward trail. Follow red flags and spray chalk thru the woods. Run back towards the registration area. Make the final left and finish at the transition area.
(1 miles around back loop of trail)



Sprint – Run Map

Exit run the same as the bike. Run counter clockwise toward trail. Follow race volunteers, red flags and spray chalk thru the woods. Run back towards the registration area. Continue straight following markers and volunteers. Follow course around counter clockwise loop, staying to the right. Continue back and make a left onto the trail. Make another left onto the park road and continue to the parking lot area, make a first left and follow the outer loop back to the finish. (3.1 miles)



Sprint – Bike Map

Leave transition area and follow outer loop of park road (see Diagram 1). Make a left onto the park entrance road. Then make a right onto Alpine Road. Then Right onto Campground Road. Then right onto 74. Then right on Route 177 at Rossville (Caution: dangerous corner slow down). Then make a right onto Alpine Road. DO NOT RE ENTER THE PARK ON FIRST LOOP, continue on Alpine for your second lap. (Approximately 18 miles)

