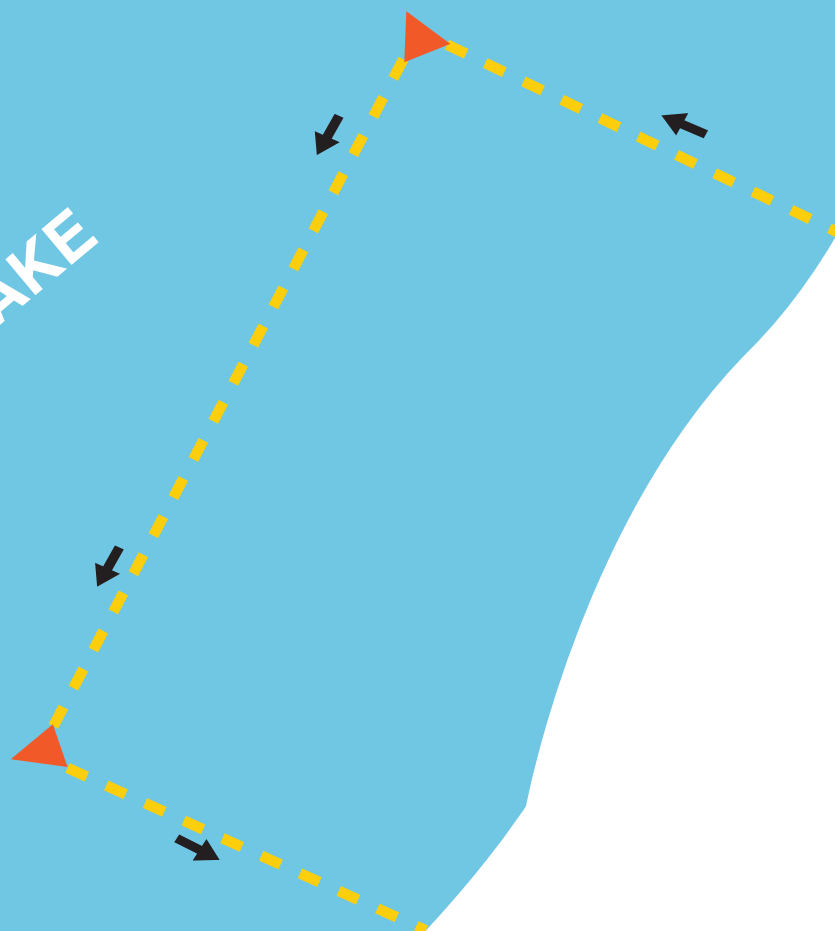




SWIM COURSE

KEY	
	MILE MARKER
	AID STATION
	BIKE TECH
	COURSE DIRECTION
	COURSE
	TRANSITION

ROCK LAKE



SANDY BEACH RD.

TRANSITION

Janesville
SUBARU

-

KEY

- MILE MARKER
- AID STATION
- BIKE TECH
- COURSE DIRECTION
- COURSE
- TRANSITION

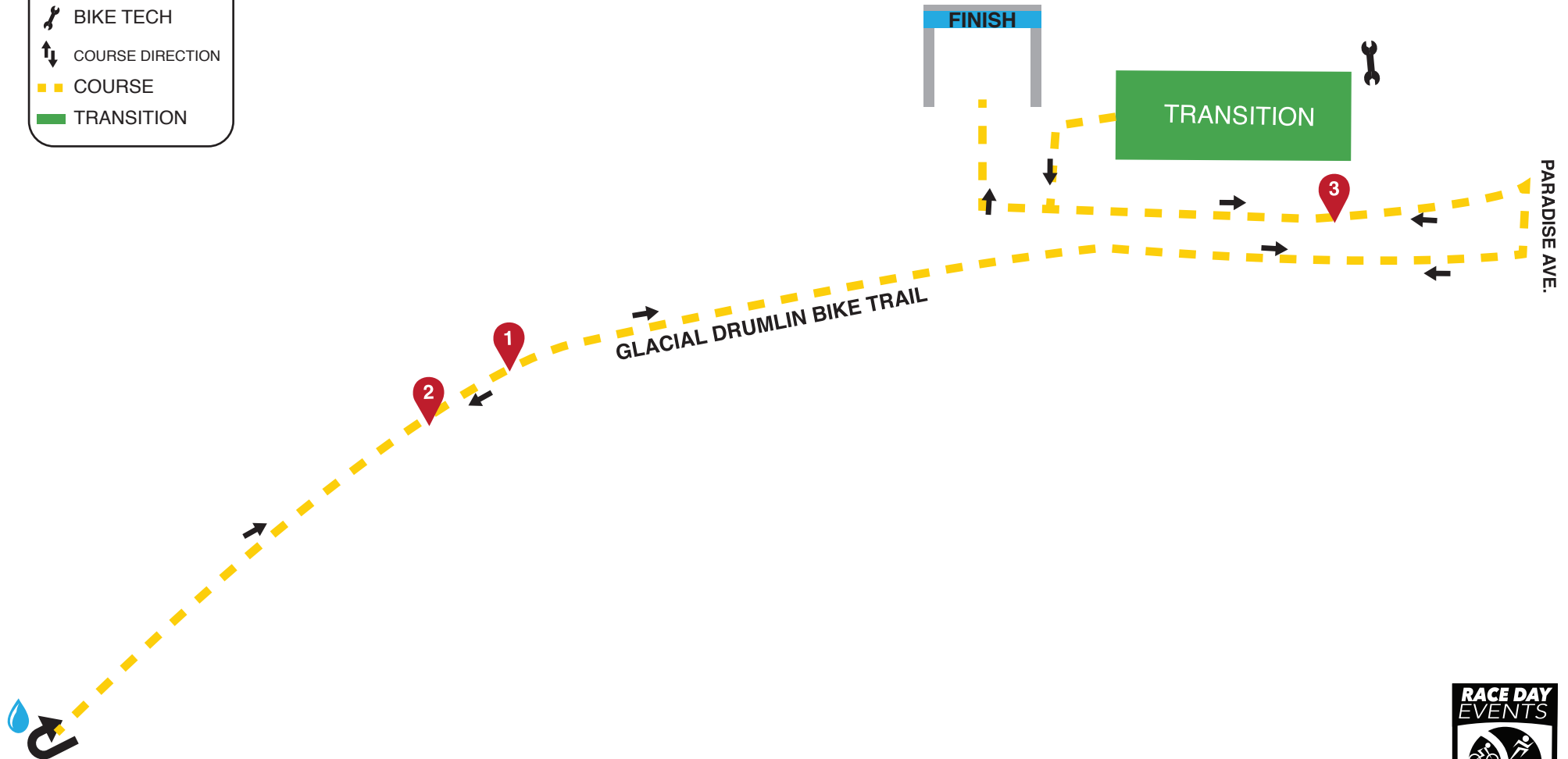


TURN-BY-TURN RUN COURSE

- Left onto Sandy Beach Rd.
- Right onto paved bike trail
- Right onto the Glacial Drumlin Trail
- Turn-around at half way point
- Left onto paved bike trail
- Left onto Sandy Beach Rd.
- Right into parking lot & finish line

KEY

-  MILE MARKER
-  AID STATION
-  BIKE TECH
-  COURSE DIRECTION
-  COURSE
-  TRANSITION



Janesville
SUBARU



RUN COURSE

