



SWIM COURSE

KEY

● MILE MARKER

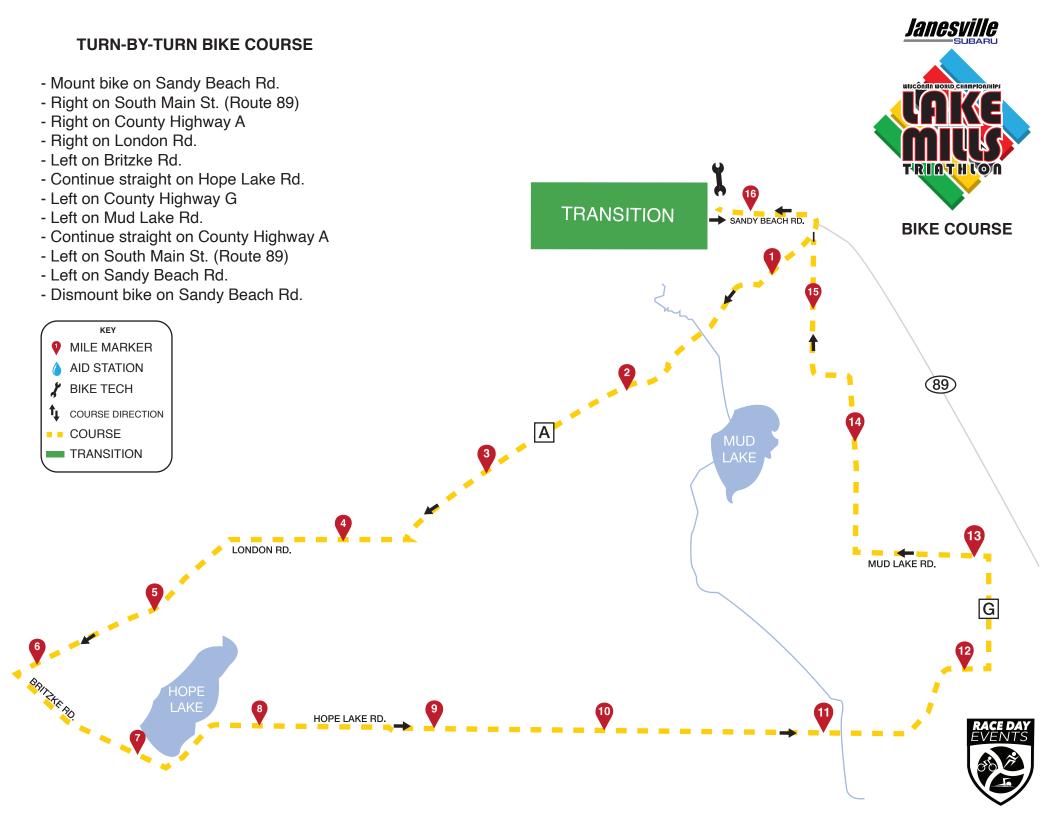
♦ AID STATION✔ BIKE TECH

tu 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





