



KEY

- START & FINISH**
- RUN ROUTE WITH DIRECTION ARROWS**
- LAKE TO RIVER**
- FEED STATION**

RUN COURSE MAP

COURSE DISTANCE: 26.2 MILES. 2X FULL LOOP = ONTO THE TOWPATH TO THE EMBANKMENT RETURNING TO TRANSITION VIA THE WHITE WATER SECTION. AFTER PASSING TRANSITION FOR THE 3RD TIME COMPLETE 1 LAP OF THE LAKE BEFORE FILTERING INTO THE FINISH AFTER PASSING TRANSITION FOR THE 4TH TIME.

Please note map is representative only and may be updated during the build up to race day.

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