



Run Start & Finish

OLYMPIC DISTANCE RUNNERS

Complete TWO loops of the sprint course

You will be directed to turn around just before reaching the race finish line at the end of your first loop

Mountain Lakes Triathlon: Run Course

Run Distance = 3 Miles for Sprint Triathlon | Duathlon & 6 Miles for Olympic Distance

- ◆ Entire run on paved Greenway, along the lake
- ◆ **LEFT** from Race Transition Area onto Sunset Drive Greenway
- ◆ Stay to your **LEFT** on the greenway throughout the run
- ◆ Proceed **LEFT** around 1st Turn Around Loop
- ◆ Continue back on Sunset Drive Greenway
- ◆ Sprint racers veer left to the finish line as directed
- ◆ Olympic racers will complete a turn around before the finish line
- ◆ Olympic racers will complete the same loop a 2nd time
- ◆ PLEASE STAY LEFT TO KEEP A SMOOTH FLOW

There are 3 stations with water and Powerade:

- ✱ Run start; as you leave transition
- ✱ Around mile 0.7 (hit twice by sprint and four times by endurance)
- ✱ Around mile 1.5 (at the run turnaround loop)

STAY LEFT THROUGHOUT
YOUR RUN COURSE!!!!

TO AVOID CROSSOVER WITH
OTHER RUNNERS

Turn Around Loop
STAY LEFT
around loop

TURN
AROUND

