



KIDZ COURSES

ALUM CREEK STATE PARK
Bike Course Map
5 Kilometer – 2 laps
10 Kilometer – 4 laps

ALUM CREEK STATE PARK
Run Course Map
.5mi – 1 lap*
1mi – 1 lap*
*Out and Back

ALUM CREEK STATE PARK
Swim Course
100y – 1 lap*
200y – 1 lap*
*Waist deep water



All run courses are out & back on the Alum Creek Dam trail

BIKE IN AND OUT



SWIM/RUN IN AND RUN OUT

TRANSITION AREA

RUN START

FINISH

FINISH

START

200y

100y