

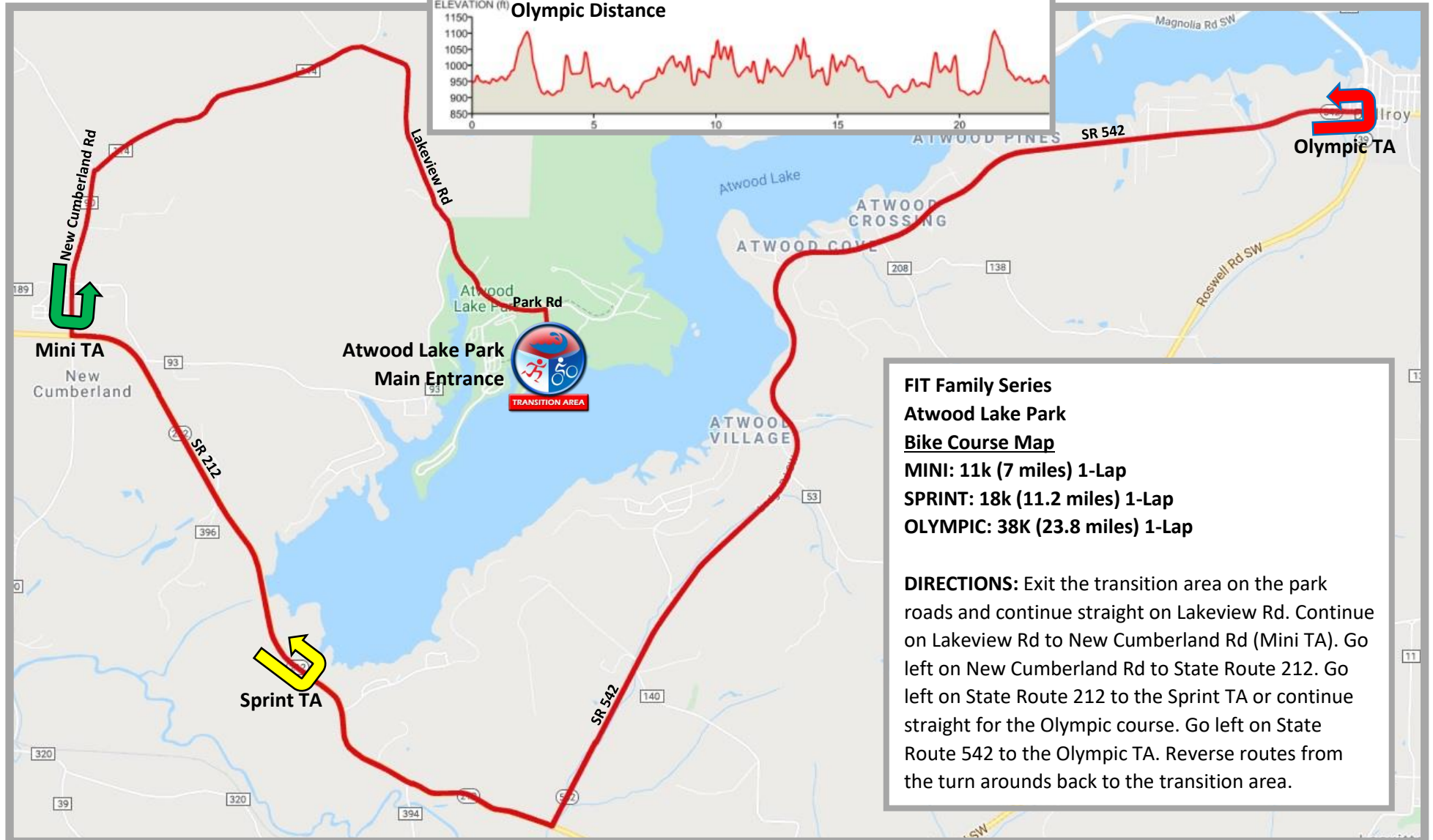
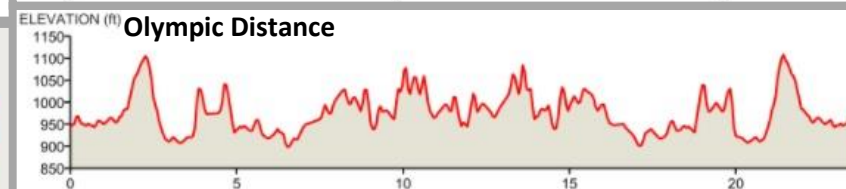
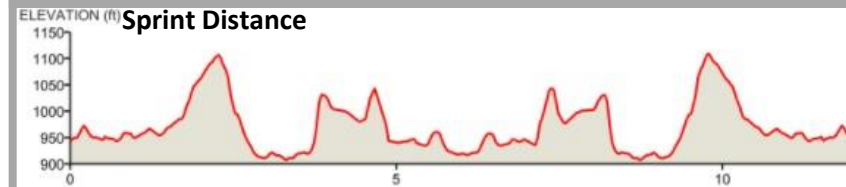
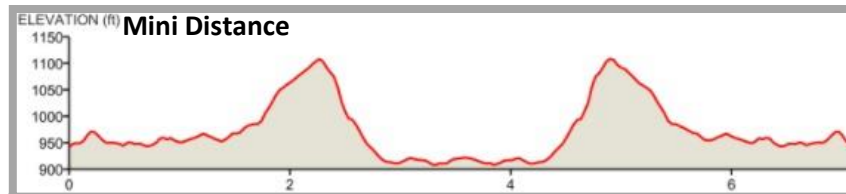




FIT Family Series
Atwood Lake Park
Swim Course Map
MINI: 250m 1-Lap
SPRINT: 750m 1-Lap
OLYMPIC: 1500m 2-Laps

DIRECTIONS: Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) **FEET FIRST ENTRY ONLY** swim start. For the Sprint and Olympic distance all Red and Yellow buoys are to be kept to your right except for the final yellow exit buoy. The Mini course keeps green buoys on the right and the Olympic course keeps the green buoys on the left when going on to the second lap.





FIT Family Series
Atwood Lake Park
Bike Course Map
MINI: 11k (7 miles) 1-Lap
SPRINT: 18k (11.2 miles) 1-Lap
OLYMPIC: 38K (23.8 miles) 1-Lap

DIRECTIONS: Exit the transition area on the park roads and continue straight on Lakeview Rd. Continue on Lakeview Rd to New Cumberland Rd (Mini TA). Go left on New Cumberland Rd to State Route 212. Go left on State Route 212 to the Sprint TA or continue straight for the Olympic course. Go left on State Route 542 to the Olympic TA. Reverse routes from the turn arounds back to the transition area.



FIT Family Series
Atwood Lake Park
Run Course Map

OLYMPIC: 10k (6.2 miles) – 2 Laps
SPRINT: 5k (3.1 miles) – 1 Lap
MINI: 3.2k (2 miles) – 1 Lap

DIRECTIONS: Exit the transition area and follow the paved Woodland Trail to the run turnaround. **Water, Ice, INFINIT NUTRITION, Cookies, Pretzels** at mile #.8, #1.55 on the way out and back each lap plus a TA exit turn around station.

5k RUN COURSE PROFILE

