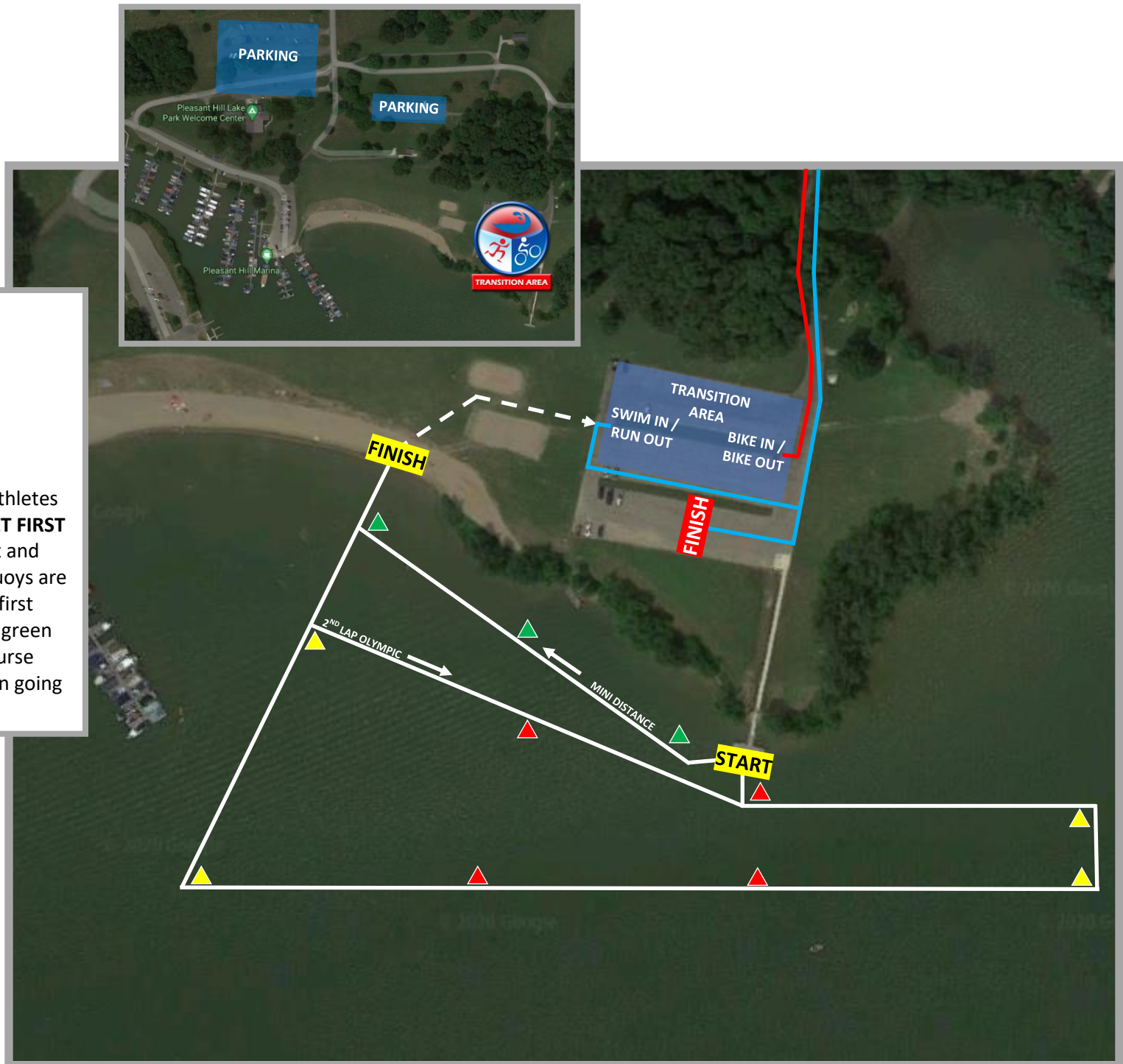


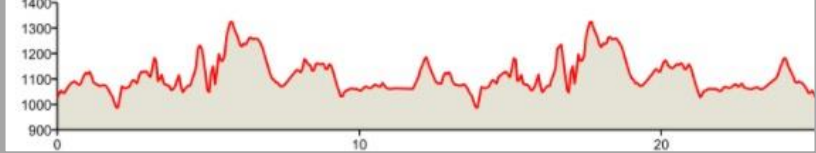


FIT Family Series
Pleasant Hill Lake Park
Swim Course Map
MINI: 250m 1-Lap
SPRINT: 700m 1-Lap
OLYMPIC: 1500m 2-Laps

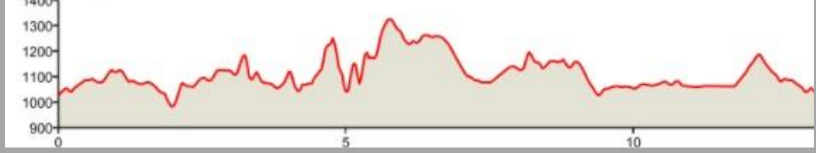
DIRECTIONS: Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) **FEET FIRST ENTRY ONLY** swim start. For the Sprint and Olympic distance all Red and Yellow buoys are to be kept to your right except for the first Red start buoy. The Mini course keeps green buoys on the right and the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



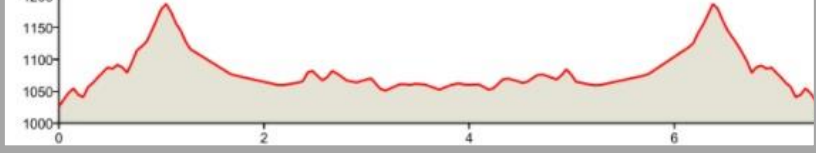
ELEVATION (ft) **Olympic Distance**



ELEVATION (ft) **Sprint Distance**



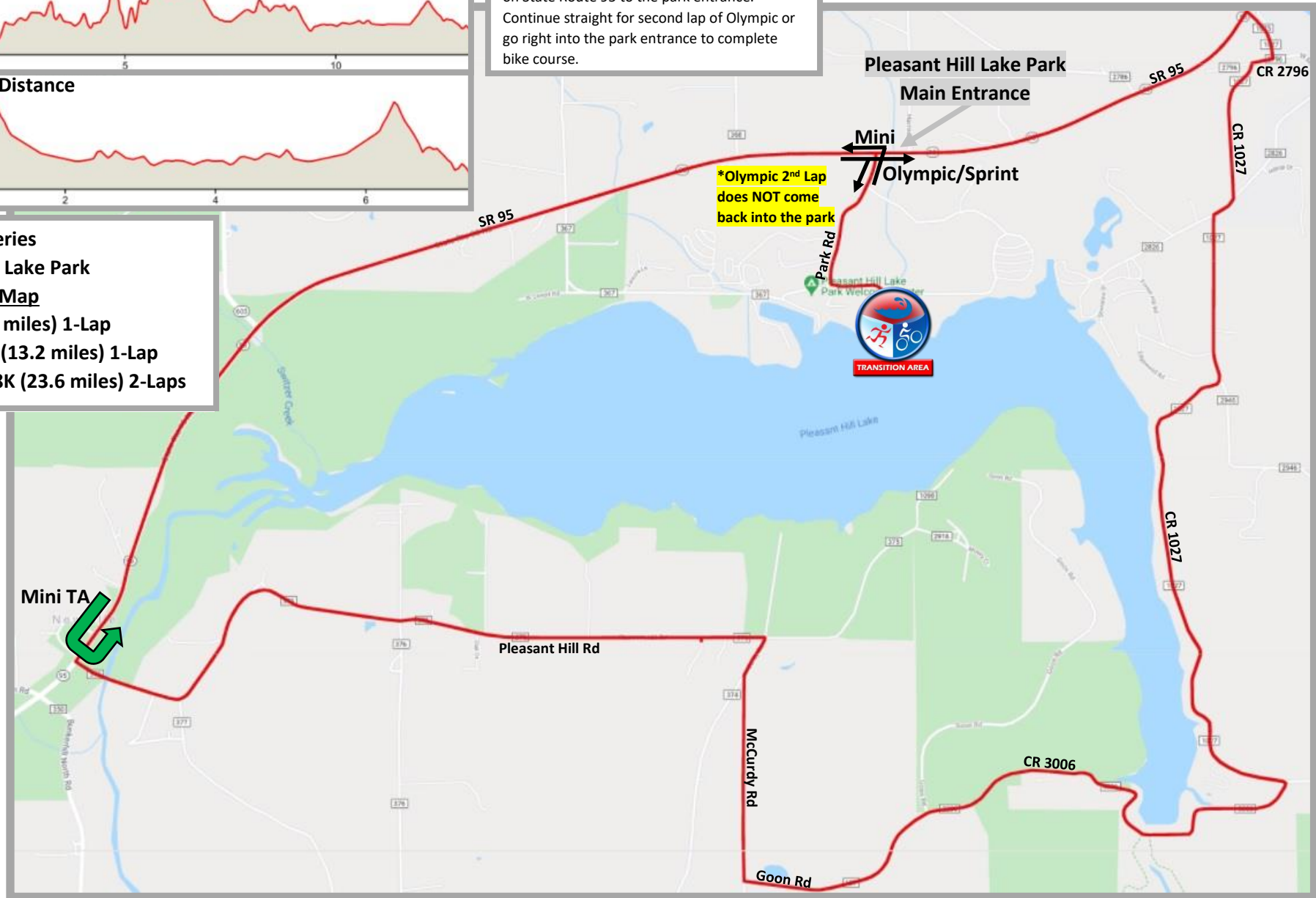
ELEVATION (ft) **Mini Distance**



DIRECTIONS: Exit the transition area on the park roads to State Route 95. Mini will go left to the Mini TA and the Sprint and Olympic will go right on State Route 95 to County Road 1075. Go right on County Road 1075 to County Road 3006. Go right on County Road 3006 to Goon Rd. Continue on Goon Rd to McCurdy Rd. Go right on McCurdy Rd to Pleasant Hill Rd. Go left on Pleasant Hill Rd to State Route 95. Go right on State Route 95 to the park entrance. Continue straight for second lap of Olympic or go right into the park entrance to complete bike course.



FIT Family Series
Pleasant Hill Lake Park
Bike Course Map
MINI: 11k (7 miles) 1-Lap
SPRINT: 21k (13.2 miles) 1-Lap
OLYMPIC: 38K (23.6 miles) 2-Laps



***Olympic 2nd Lap does NOT come back into the park**

Pleasant Hill Lake Park
Main Entrance

Mini
Olympic/Sprint

Mini TA



Pleasant Hill Rd

McCurdy Rd

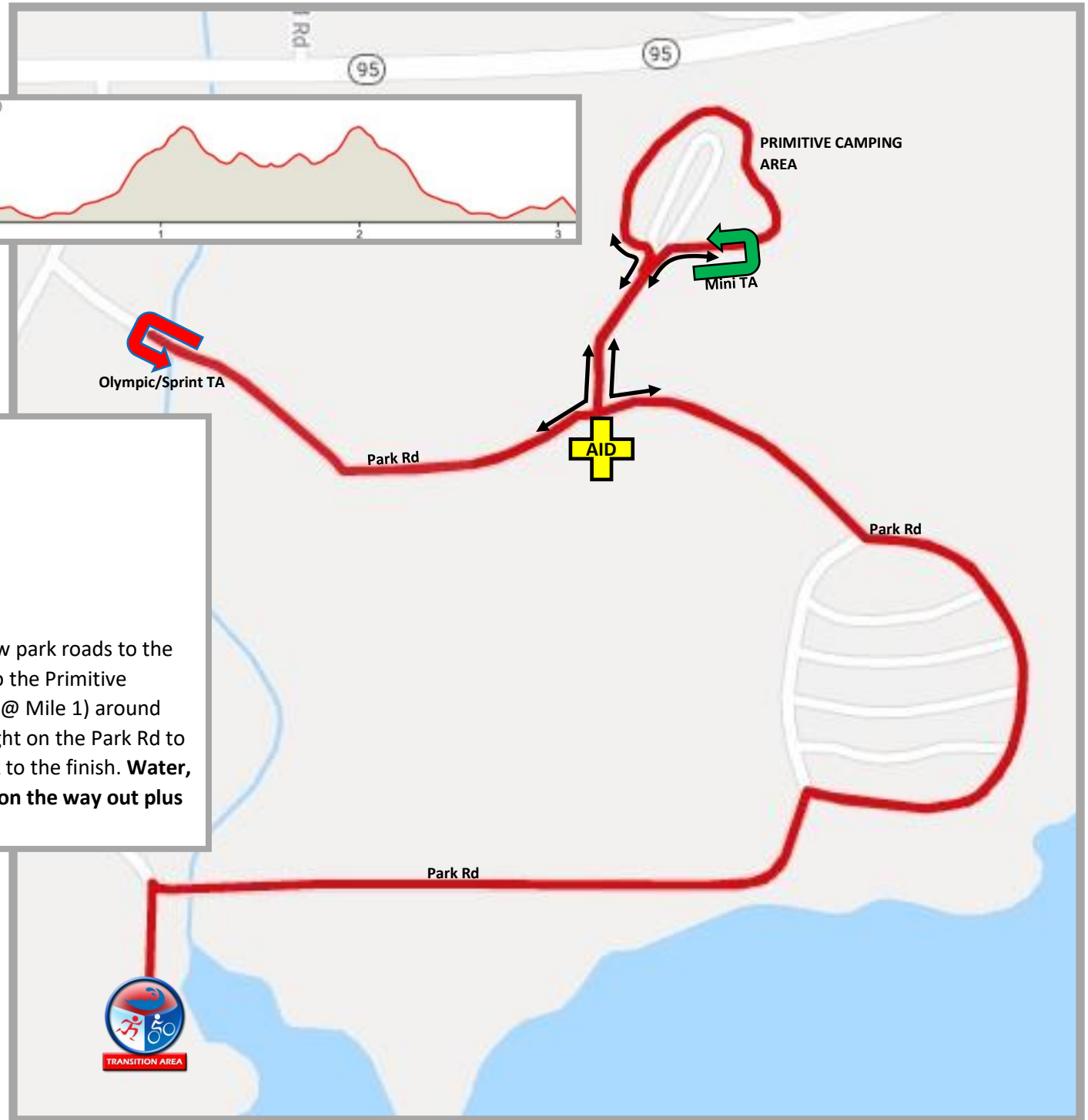
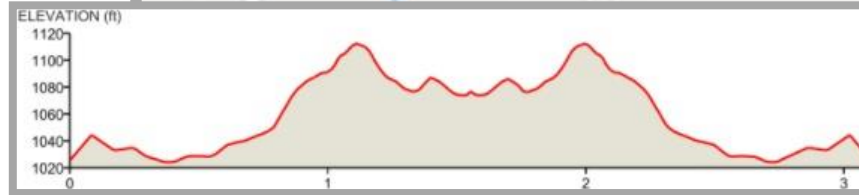
CR 3006

Goon Rd

CR 1027

SR 95

CR 2796



FIT Family Series

Pleasant Hill Lake Park

Run Course Map

OLYMPIC: 10k (6.2 miles) – 2 Laps

SPRINT: 5k (3.1 miles) – 1 Lap

MINI: 3.2k (2 miles) – ½ Lap

DIRECTIONS: Exit the transition area and follow park roads to the Primitive Camping Area entrance. Go right into the Primitive Camping Area and follow upper road (Mini TA @ Mile 1) around the area and exit back onto the Park Rd. Go right on the Park Rd to the Sprint and Olympic TA. Reverse route back to the finish. **Water, GATORADE, BOOM Gel at mile #.8, and #1.3, on the way out plus a TA exit and 2nd lap turn around station.**

