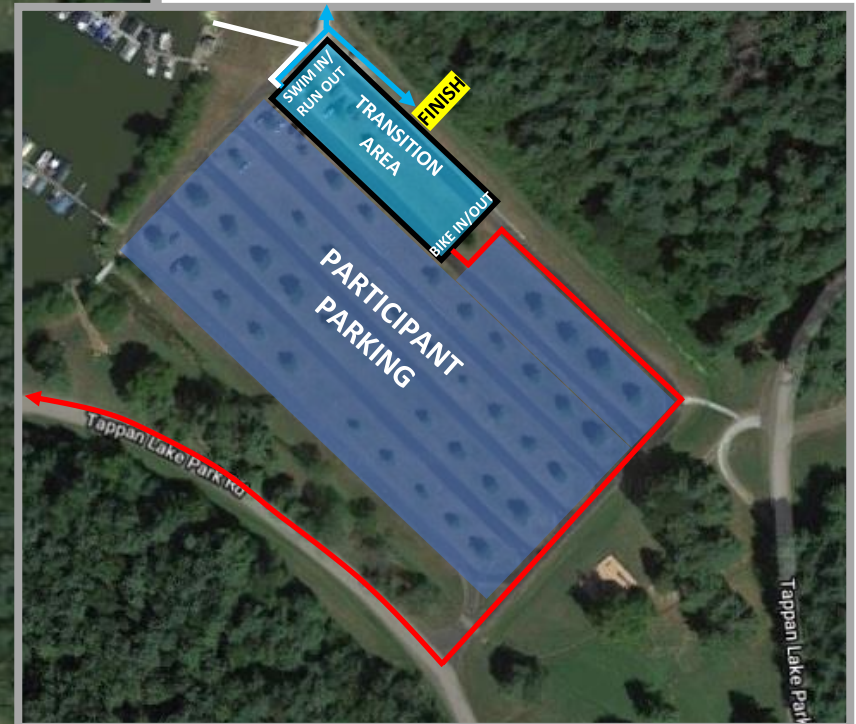
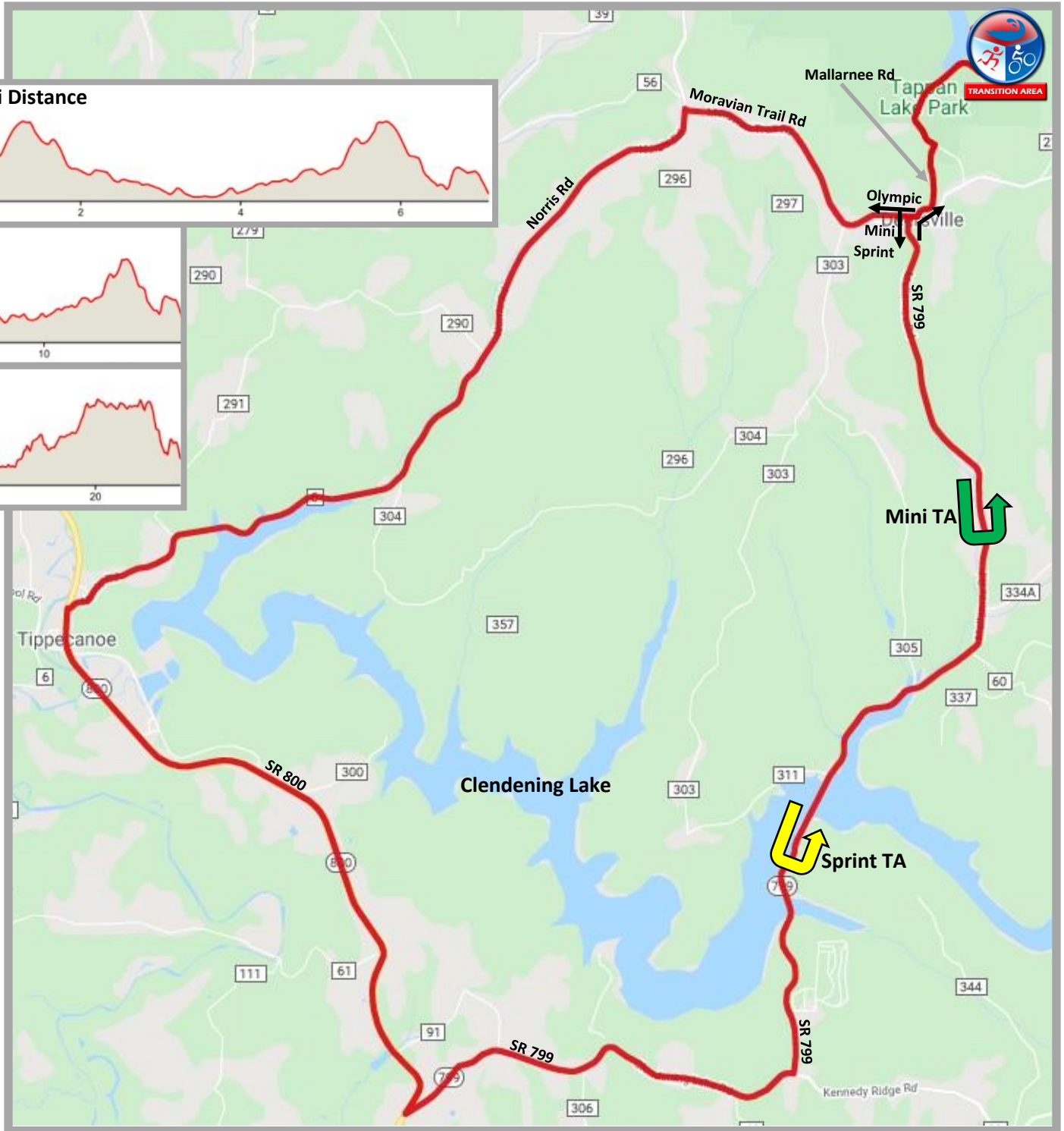
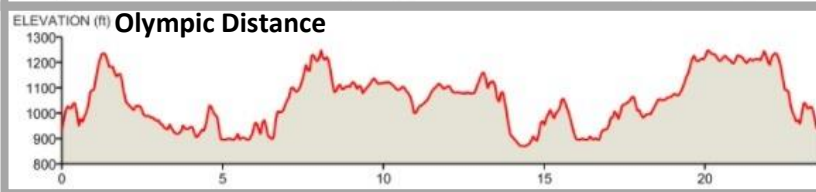
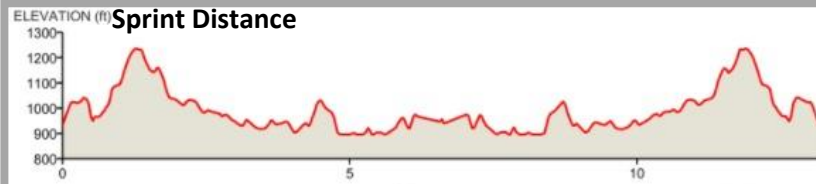
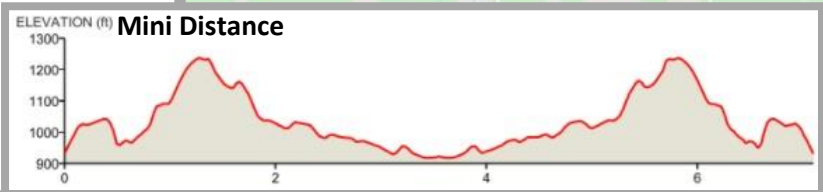




FIT Family Series
Tappan Lake Park
Swim Course Map
MINI: 250m 1-Lap
SPRINT: 750m 1-Lap
OLYMPIC: 1500m 2-Laps

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





FIT Family Series

Tappan Lake Park

Bike Course Map

MINI: 11k (7 miles) 1-Lap

SPRINT: 20k (12.4 miles) 1-Lap

OLYMPIC: 38K (23.8 miles) 1-Lap

DIRECTIONS: Exit the transition area on the park roads to Mallarnee Rd. Go right on Mallarnee Rd to Main St. Go right on Main St which turns into Moravian Trail Rd. The Mini and Sprint distance take a quick left on State Route 799 to the TA for each distance and reverses the route back to the transition. The Olympic continues on Moravian Trail Rd to Norris Rd. Go left on Norris Rd to State Route 800. Go left on State Route 800 to State Route 799. Go left on State Route 799 back to downtown Deersville. Go right on Main St to Mallarnee Rd. Go left on Mallarnee Rd back to the transition area.



FIT Family Series
Tappan 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 Cabin Beach Trail* to the cabin area and take park roads to the Turkey Ridge Trail. Continue on Turkey Ridge Trail* and follow to the Sprint and Olympic run turnarounds. Reverse route back to the finish. The Cabin Beach and Turkey Ridge Trail are well manicured 6-8-foot-wide trails with good surfaces. **Water, GATORADE, BOOM Gel at mile #.85 and #1.3 on the way out and back plus a TA exit station.**

