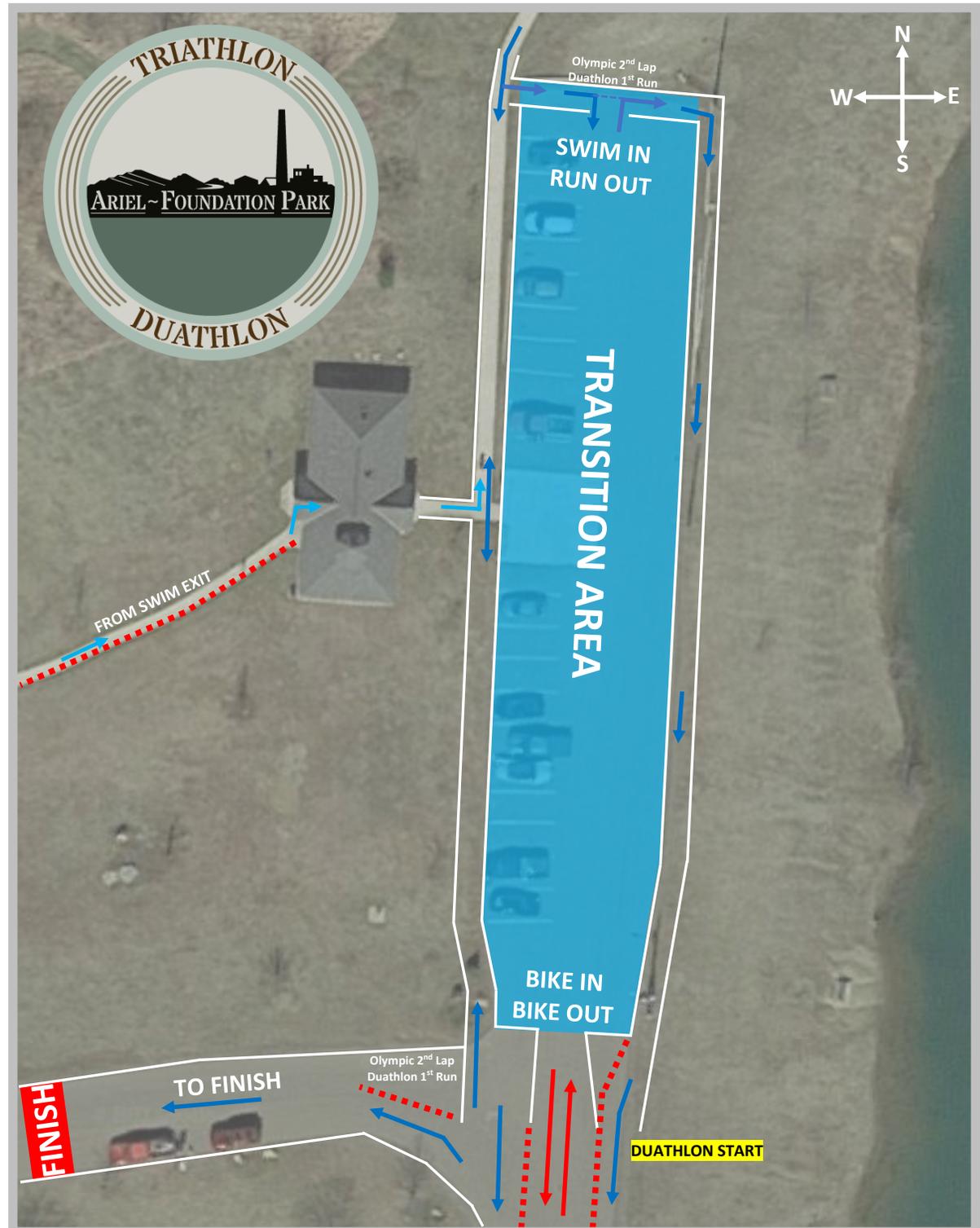




TRANSITION AREA MAP

DIRECTIONS: Enter the North end of the transition area when coming from the triathlon swim or the first duathlon run. All bikes exit and re-enter the transition area from the South end. After racking your bike, runners will exit on the North end of the transition area to start the run and take a hard right at the exit. **ALL PARTICIPANTS** will run counterclockwise around East Lake at the start of the run (approx. 1 mile) and then pass by the transition heading South on the West side. Runners will pass by the Finish Chute entrance and continuing onto the out & back portion of the run course. After runners return to this area from the out & back portion of the run, take a hard left to the FINISH or go straight to return to the transition area for the 1st run of the duathlon OR 2nd lap of the Olympic 10k. **DUATHLON START:** At the South end of the transition area as the run course re-enters the road. All Duathletes START at 8:15am.





Swim Course Map

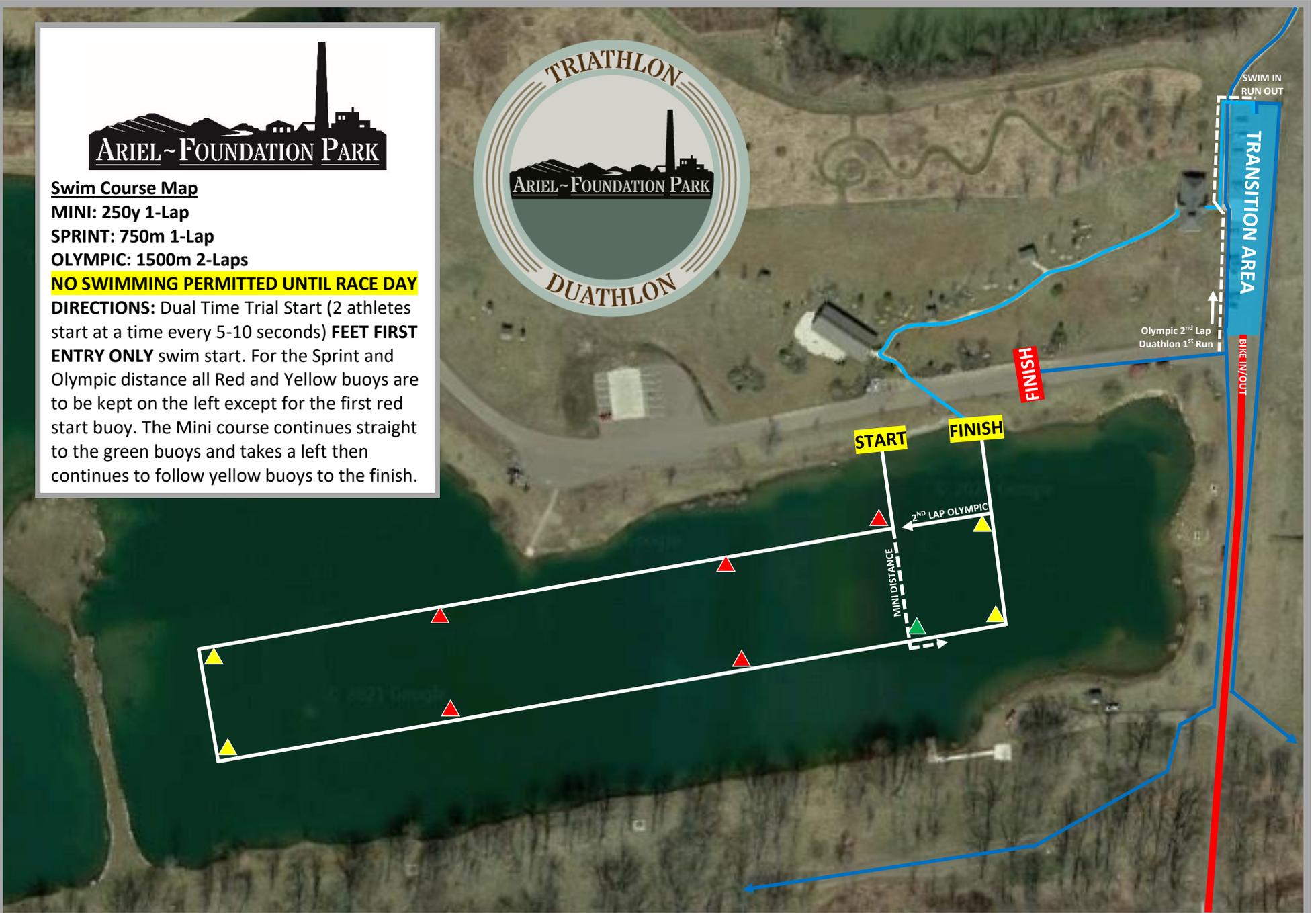
MINI: 250y 1-Lap

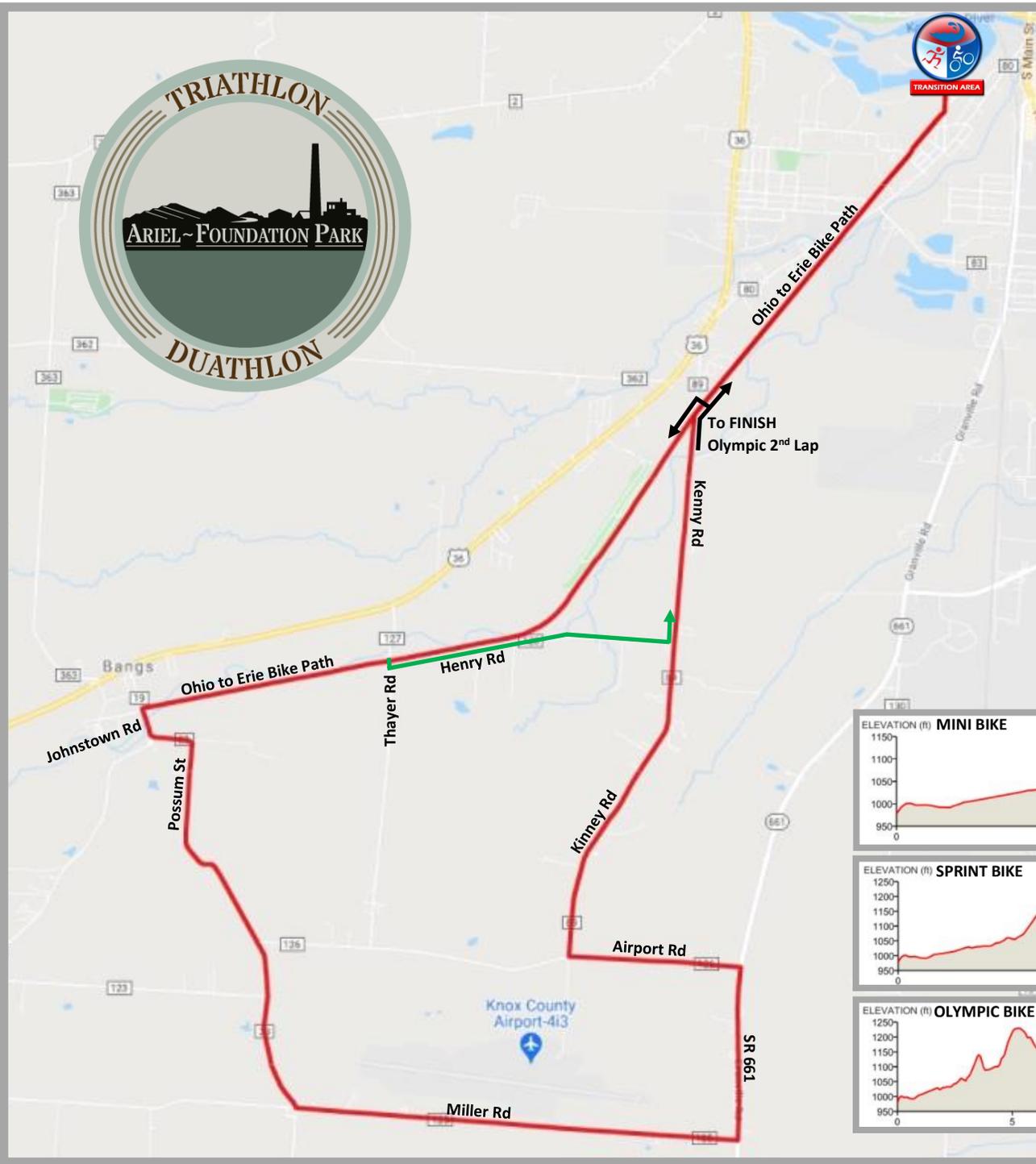
SPRINT: 750m 1-Lap

OLYMPIC: 1500m 2-Laps

NO SWIMMING PERMITTED UNTIL RACE DAY

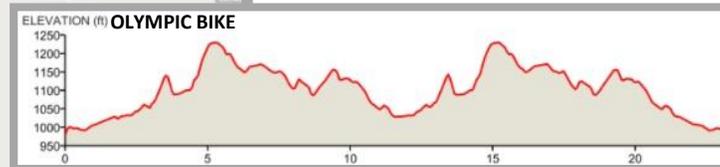
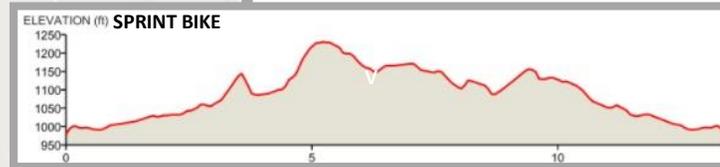
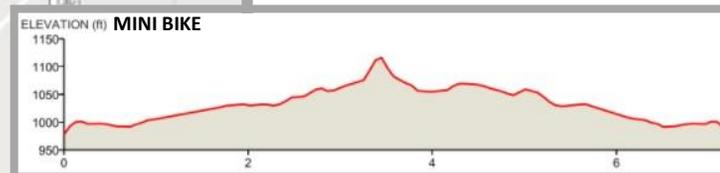
DIRECTIONS: Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) **FEET FIRST ENTRY ONLY** swim start. For the Sprint and Olympic distance all Red and Yellow buoys are to be kept on the left except for the first red start buoy. The Mini course continues straight to the green buoys and takes a left then continues to follow yellow buoys to the finish.





Ariel-Foundation Park
Bike Course Map
MINI: 11k (7 miles) 1-Lap
SPRINT: 21k (13 miles) 1-Lap
OLYMPIC: 38K (23.8 miles) 1-Lap

DIRECTIONS: Exit the transition area on the park roads and continue straight to the Ohio to Erie bike path. Go right on bike path to Thayer Rd. The Mini distance will go left on Thayer Rd to Henry Rd. The Sprint & Olympic distance will continue straight on bike path to Johnstown Rd. The Mini distance will go left on Henry Rd to Kinney Rd. The Mini distance will go left on Kinney Rd back to the bike path and right on bike path and reverse route back to the transition area. Sprint & Olympic distance follows loop counterclockwise back the bike path. Here the Sprint distance will go right and reverse route back to the transition area. The Olympic distance will go left on bike path and complete lap #2 then reverse route back to the transition area.





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 run course around East Lake and past the transition area. Participants then follow an out & back section along Central Lake to the run turnaround.
Water and GATORADE at mile #.9, #1.5 each lap.

