



# COURSE MAP

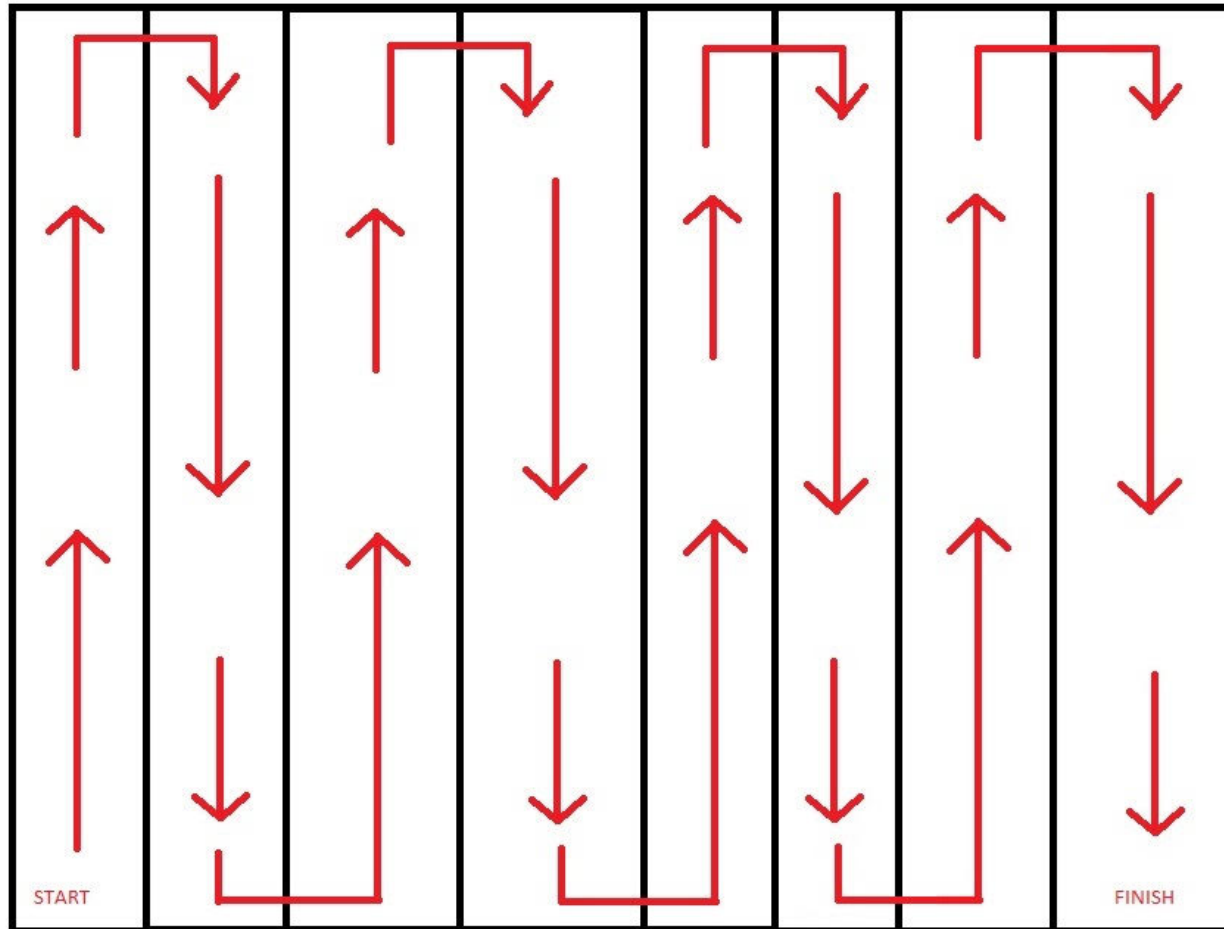
## Transition Area & Starts





# Swim Map

## 200 yards



Swimmers will be called onto the pool deck in groups based on swim ability. Once on the pool deck, athletes will line up in order of their swim ability, starting with 10, 9, 8, ...3, 2, 1. They will enter the pool one at a time every 10-15 seconds, starting at the left lane. Each person will swim 8 lengths of the pool (each length is 25 yards).

The Adult Lounge Pool (off to the right) will be available for warm up before the race.



Exit through gate straight ahead to transition area.



# Bike Map

## 2 loops- 9 miles total



Our helpful bike course volunteers will be present throughout the route to guide you through the following turns. See transition map on page 1 for a better view of Bike Start, Finish, and Turnaround for Loop 2:

1. Exit transition area through bike start arch.
2. Volunteers will direct your through the path around back of building.
3. Turn left on Ponsbury Rd.
4. Turn right on Civitas St. Road curves to the right.
5. Turn left on Sugar Cane Way.

6. Turn left on 6th St.
7. Turn right on 5th Ave.
8. Road curves into 3rd Ave.
9. Curve left and continue on 3rd Ave.
10. Make loop in Wando Reach Court
11. Loop back to I'On Club
12. Turn back on Civitas and repeat another 4.5 mile loop.
13. Finish through the bike finish arch in club parking lot, and gear up for your run!





# Run Map

## 2 miles



Our helpful run course volunteers will be present throughout the route to guide you through the following turns:

- 1) Turn left out of the transition area, and through the Run Start arch.
- 2) Follow path past tennis courts, and through the wooded area.
- 3) Turn left on Eastlake Rd.
- 4) Turn left on Presceint Rd.
- 5) Cross Sowell St. and run onto the East Lake path (water stop available).
- 6) Exit East Lake path, cross Ponsbury Rd and follow W. Shipyard Rd to the West Lake path.
- 7) Follow West Lake path until the turn around point (water stop available).
- 8) Follow route in reverse and finish through the Fleet Feet Sports Finshers Arch!