

# RACE VENUE MAP



**LEGEND**

- SWIM COURSE (TRI LEG 1)
- BIKE COURSE (LEG 2)
- RUN COURSE (LEG 3)
- RUN COURSE (DU LEG 1)
- S SWIM START
- D DUATHLON START
- F FINISH
- T TRANSITION
- PEDESTRIAN WALKWAY
- CHECK-IN
- PARKING
- PORTABLE TOILET
- S PRE-STAGING AREA



**Driving/Parking Instructions**  
 (This will be the ONLY parking area allowed on race day)

- R-When you come into the Fort Ritchie entrance towards the Community Center
- R- on Lake Royer Dr
- R-Into parking area in the grass
- Leave all your equipment in your vehicle and proceed to the Check-In area

**LEG 1**  
**TRIATHLON SWIM - 250 METERS**  
 (75 meters out, 75 meters over, 100 meters return)  
**Swim Detail:** All turns will be right hand turns. Keep buoys on your right. When you exit the water proceed to Transition.

---

**DUATHLON RUN - .62 MILES**  
 (out & back course)  
**Turn-By-Turn Directions:**

- Start on Lake Royer Dr. near pre-staging area
- R-sharp curve to cont. on Lake Royer Rd
- U-turn at Castle Dr
- L-sharp curve to cont. on Lake Royer Rd
- Go through arch into transition

**LEG 2**  
**TRIATHLON/DUATHLON BIKE - 6.6 MILES**  
 (6-lap course)  
**Turn-By-Turn Directions:**

- Come out of Transition on Lake Royer Dr.
- Merge onto bike course
- L-onto Grombacher St.
- L-onto Castle Dr
- L-onto Lake Royer Rd
- L-sharp curve to cont. on Lake Royer Rd
- Keep Left of Transition as you pass for the first 5 laps. On the 6th lap go through arch into transition.

**LEG 3**  
**TRIATHLON/DUATHLON RUN - 1.3 MILES**  
 (2-lap course)  
**Turn-By-Turn Directions:**

- Come out of Transition on Lake Royer Dr.
- Continue straight on Lake Royer Dr.
- R-onto Buena Vista
- R-onto Redman Rd
- R-onto Lake Royer (beginning of lap 2)
- R- onto Buena Vista
- R- onto Redman Rd
- Continue into Finish Chute on the left side of Redman Rd.