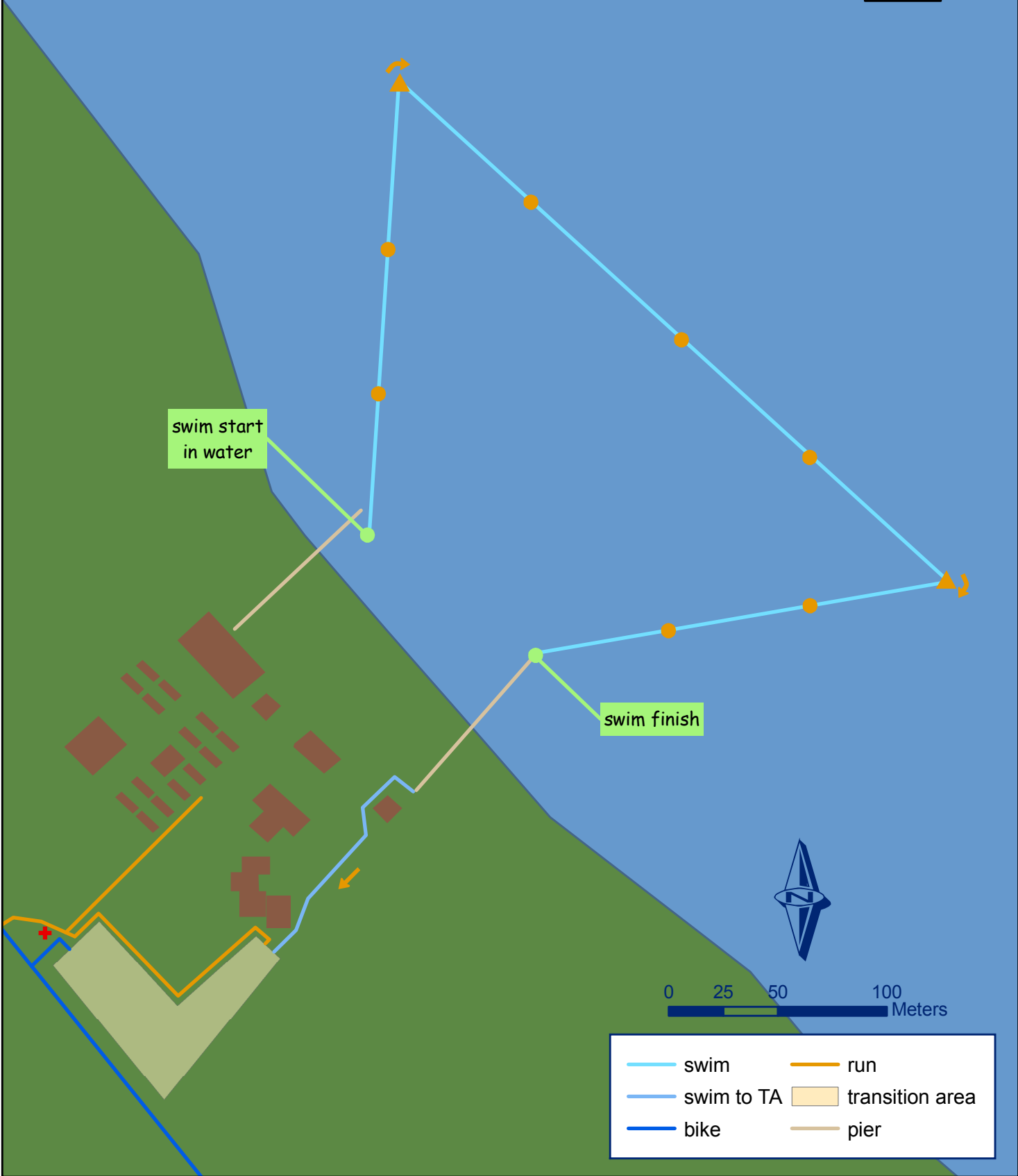


WHITE LAKE - SPRINT 750 M SWIM COURSE



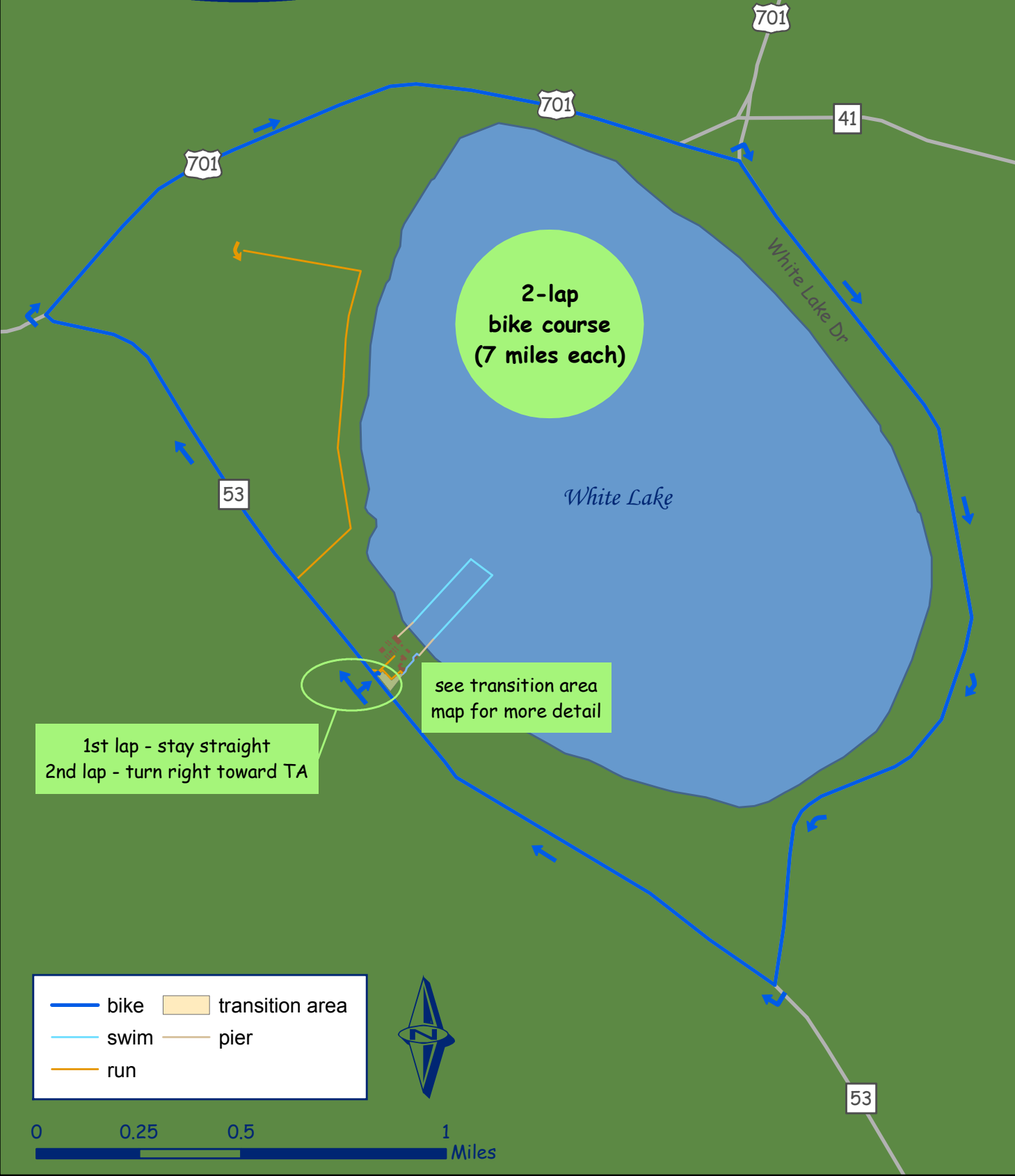
Race #4



WHITE LAKE - SPRINT 14-MILE BIKE COURSE



Race #4



2-lap
bike course
(7 miles each)

White Lake

White Lake Dr

701

701

701

41

53

53

see transition area
map for more detail

1st lap - stay straight
2nd lap - turn right toward TA

- bike
- swim
- run
- transition area
- pier



**WHITE LAKE - SPRINT
5K RUN COURSE**



run off road through gates

White Lake

swim start

FINISH

swim finish

run start

see transition area map for more detail

turn-around

Grays Ln

Turtle Cove Dr

Lake Shore Dr

Monmouth Dr

Hwy 53

Entrance to
Waterford Estates

0 0.1 0.2
Miles

- swim
- bike
- run
- transition area
- pier
- aid stations

WHITE LAKE - SPRINT TRANSITION AREA

Spectator Access During Race
Once the race starts, the only access into or out of the FFA Center will be through this side gate, with access to Clinton Rd. Once the race starts, no spectators will be allowed access through either of the two front gates.

participants will be running in both directions. cyclists will be separated from runners by cones.

swim start (in water)

swim finish

medical room

medical tent

participant parking

gate

swim to bike transition

participant parking

run start

bike start / bike finish

transition area

	swim		transition area
	bike		pier
	run		FFA buildings



- 1-14 cabins
- 15 bath house
- 16 lodge and MEDICAL ROOM
- 17 dormitory
- 18 dining hall
- 19 recreation hall
- 20 administration building and PACKET PICK-UP

