

Swim Course

(750 Meters)

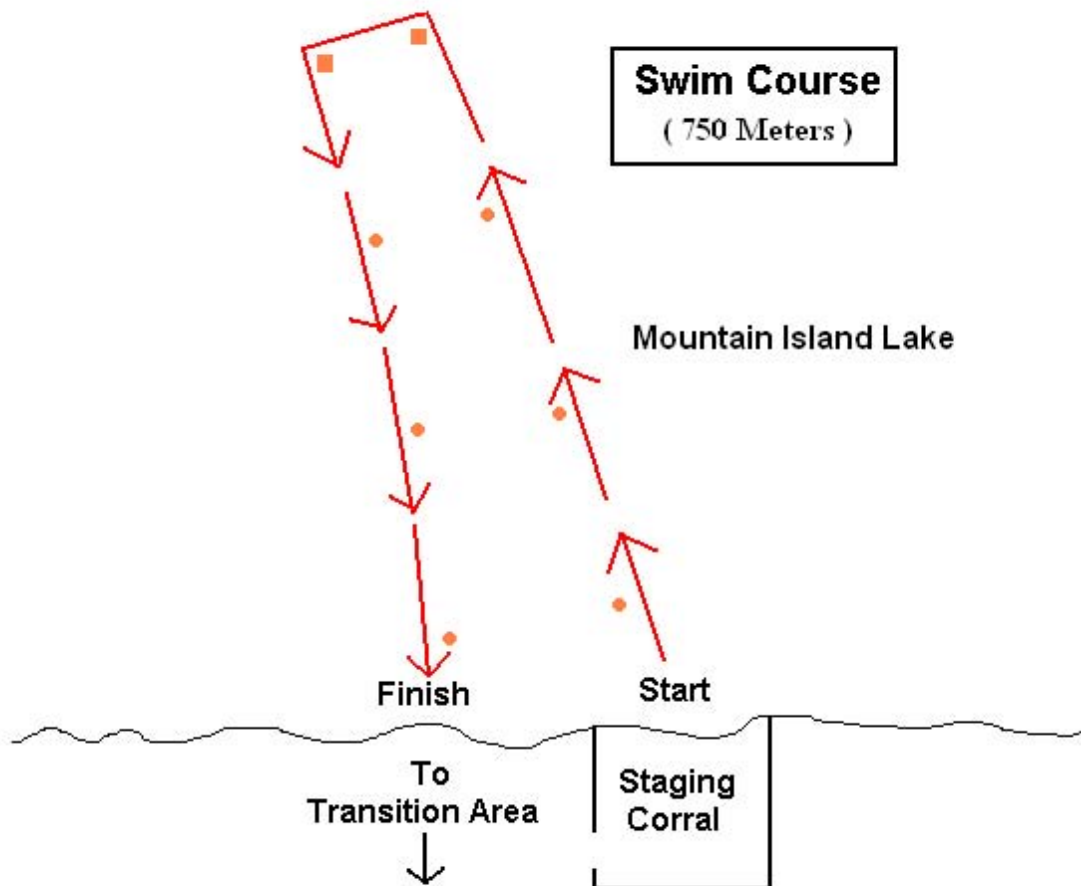
Mountain Island Lake

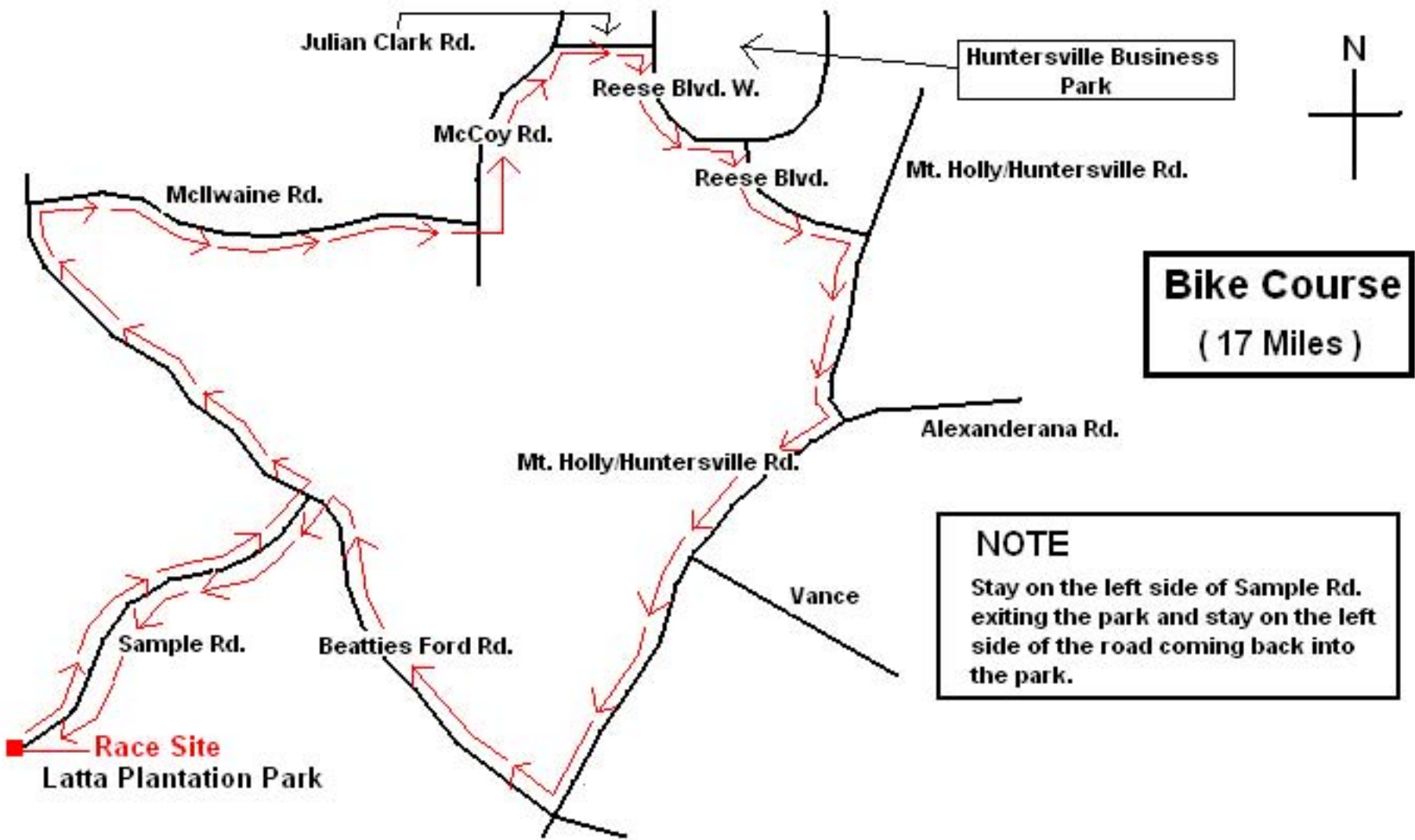
Finish

Start

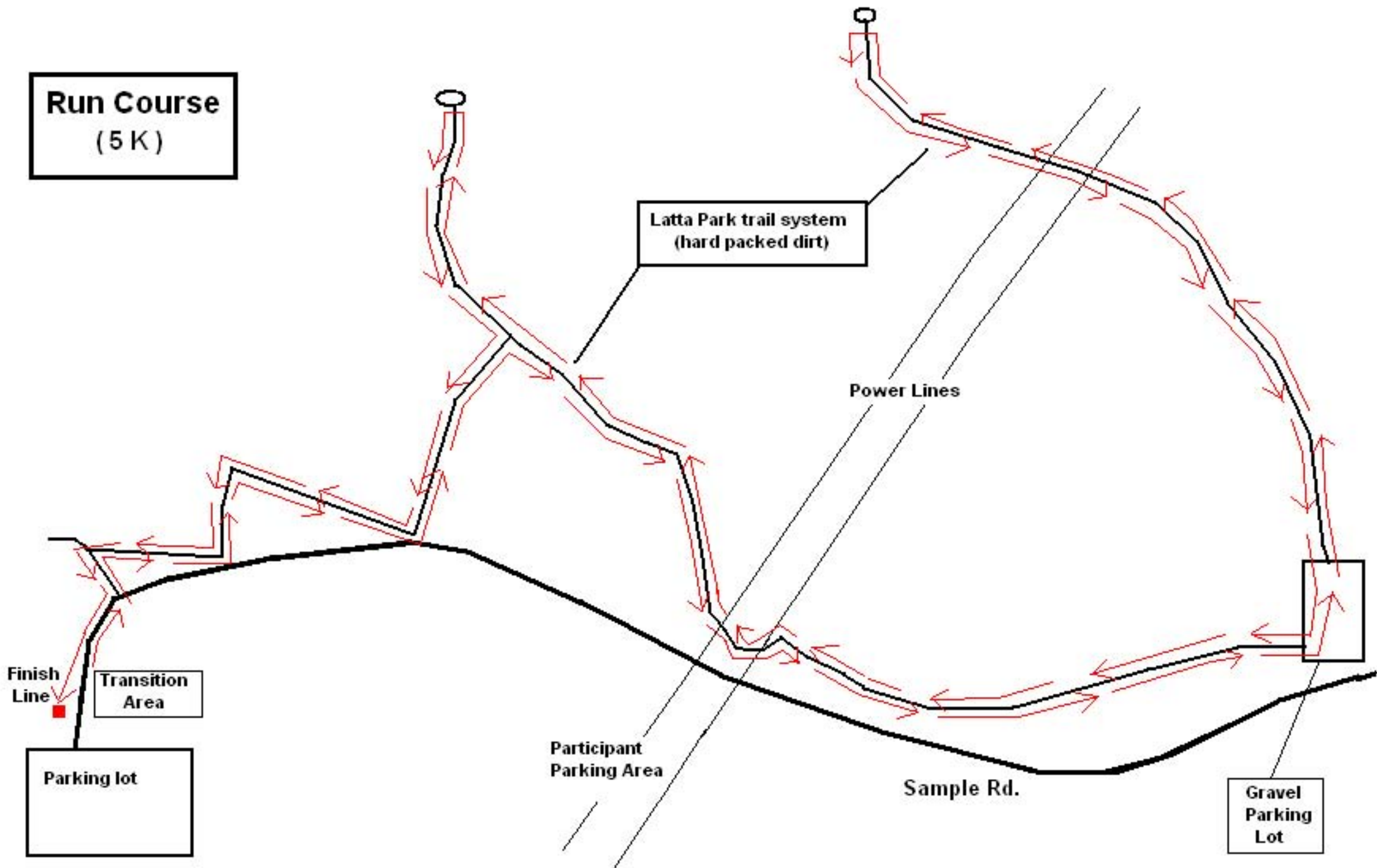
To
Transition Area

Staging
Corral





**Run Course
(5 K)**



Latta Park trail system
(hard packed dirt)

Power Lines

Participant
Parking Area

Sample Rd.

Gravel
Parking
Lot

Finish
Line

Transition
Area

Parking lot