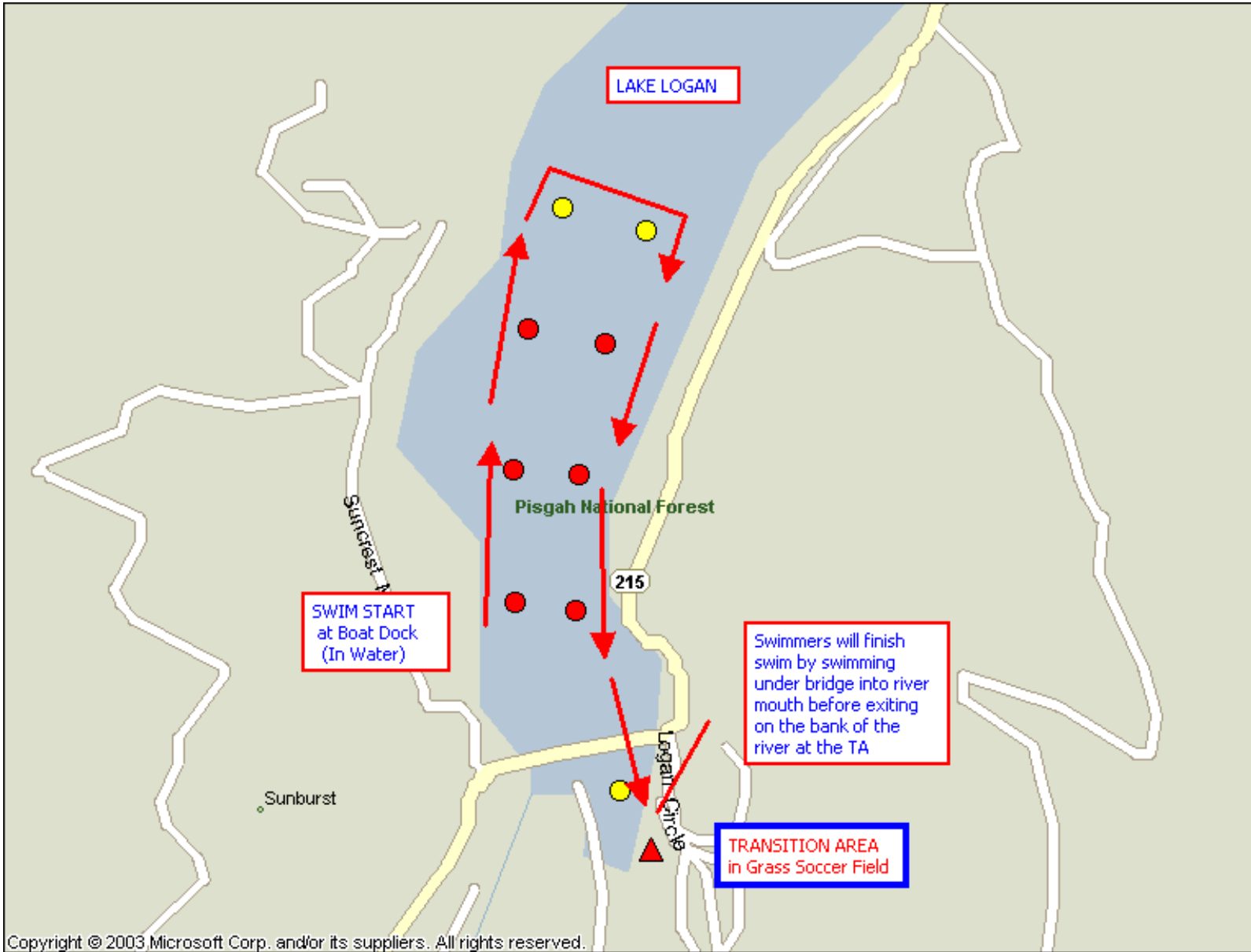
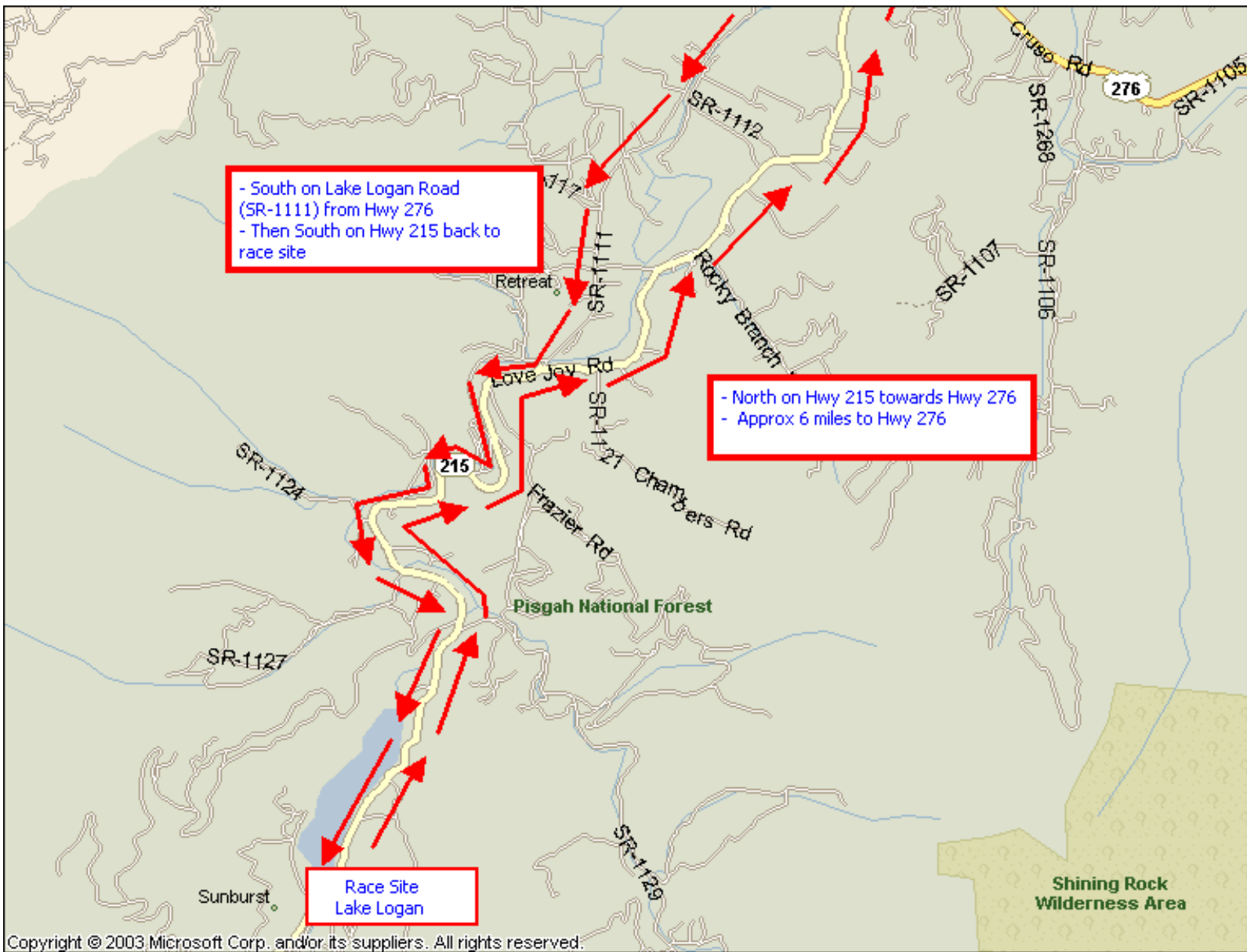


# LAKE LOGAN TRIATHLON Swim Course (1500 Meters)



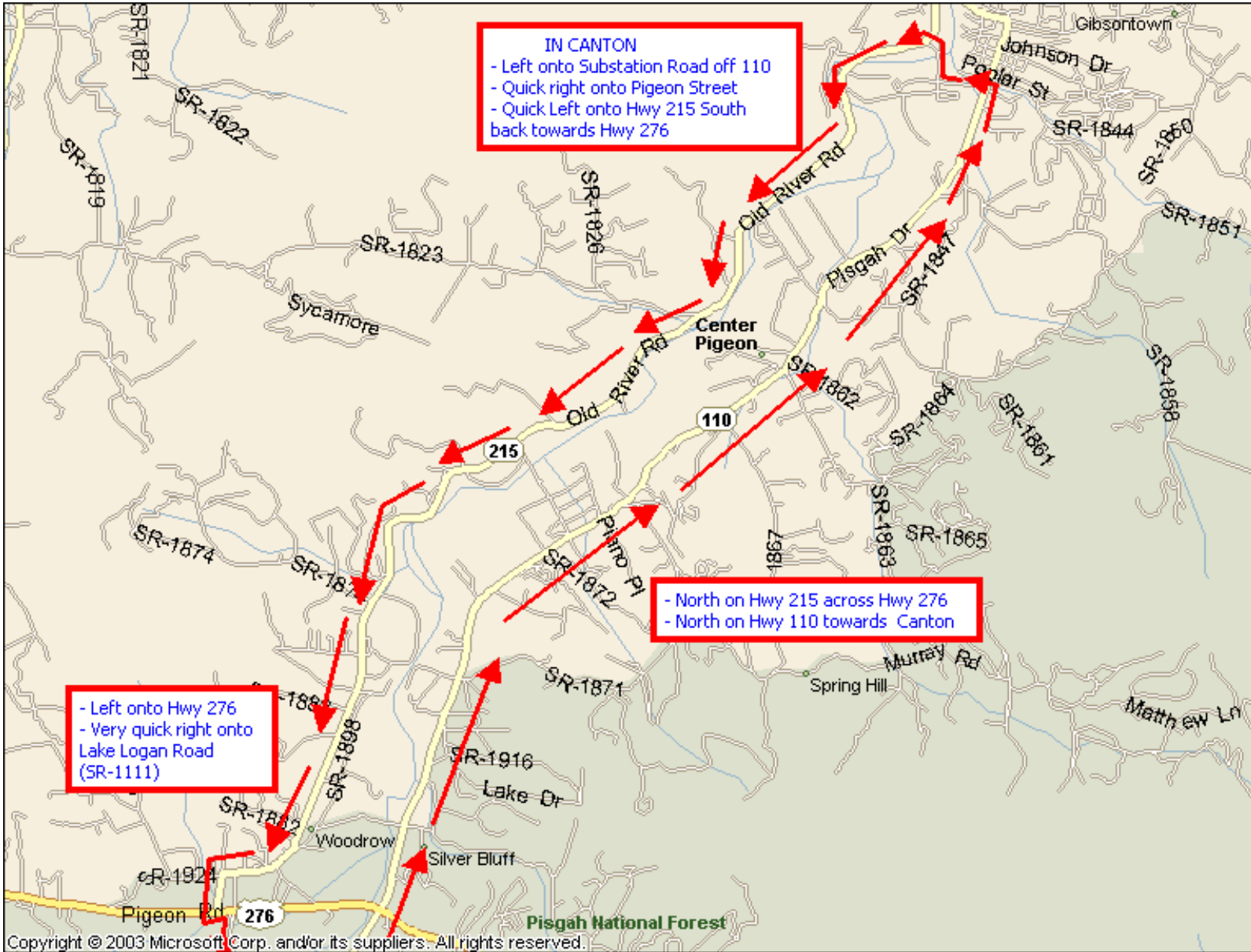
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## LAKE LOGAN INTERNATIONAL DISTANCE TRIATHLON Bike Course (Miles 1-6, 19-24)



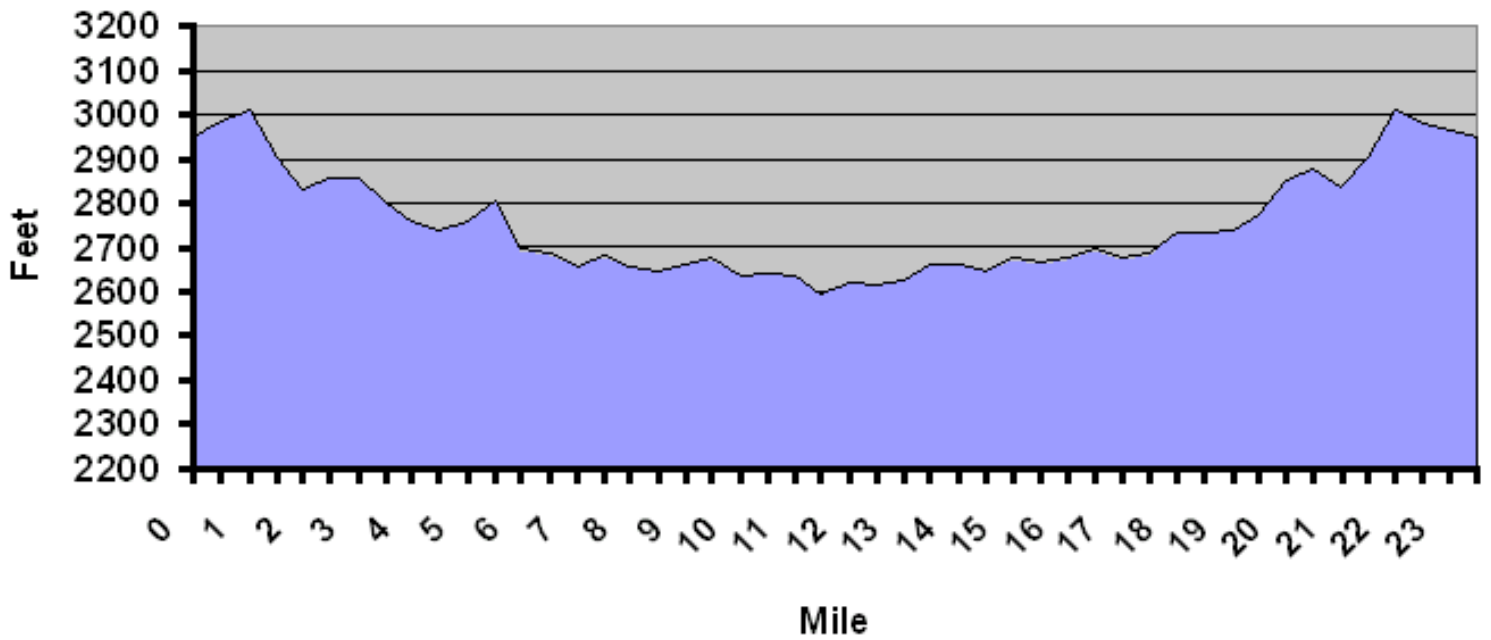
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## LAKE LOGAN INTERNATIONAL DISTANCE TRIATHLON Bike Course (Miles 6-19)



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# LAKE LOGAN TRIATHLON Bike Course (40K)



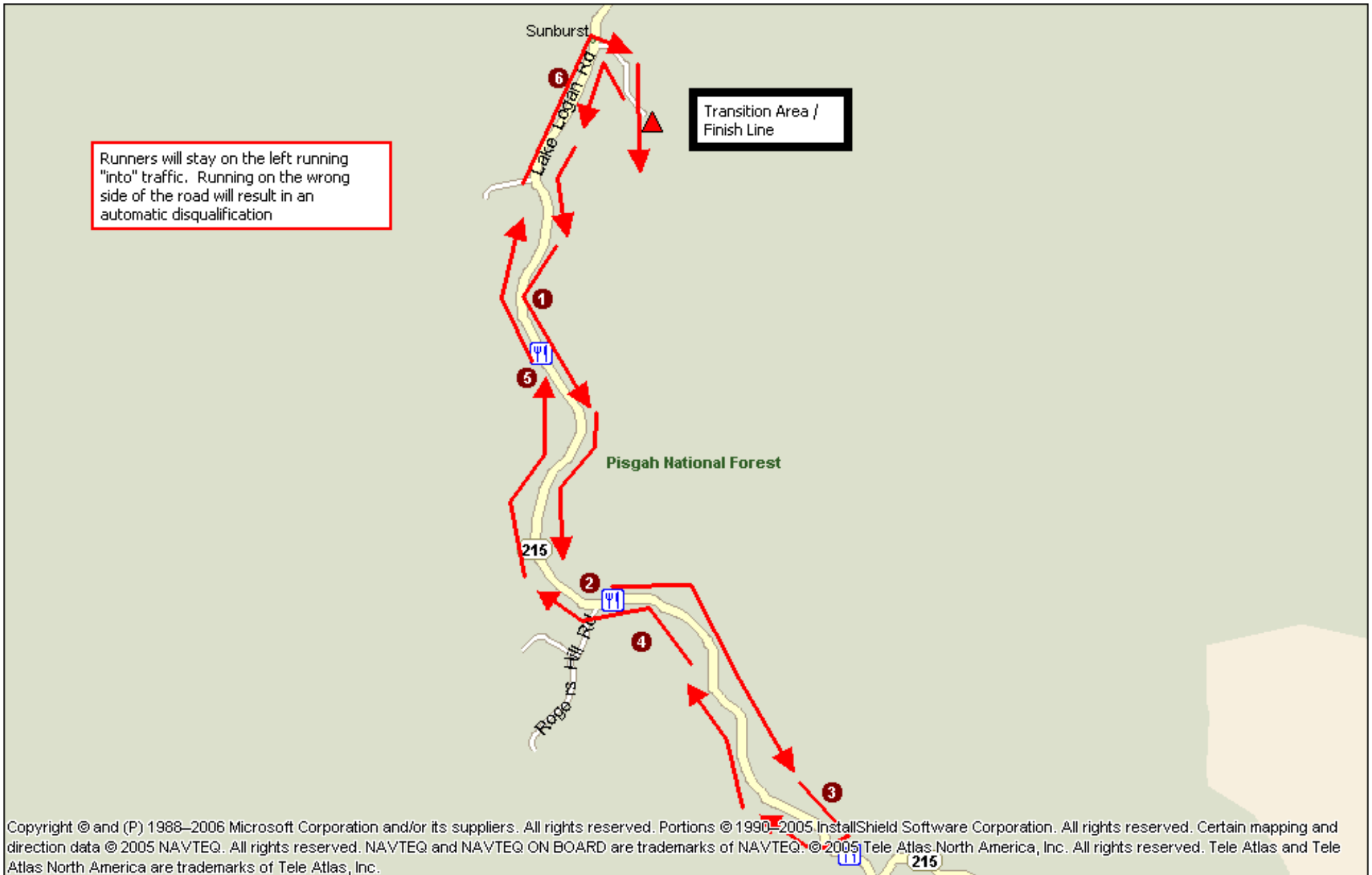
## NOTES:

- > Miles 1-3 and 22-24 have the most severe grades
- > Miles 3-21 are flat stretches of road through the valley with very few grades

## **LAKE LOGAN TRIATHLON BIKE COURSE CUE SHEET**

- Right out of transition onto Lake Logan Road (Hwy. 215)
- Right at fork onto Love Joy Road (Hwy. 110)
- Through traffic light at Hwy. 276
- Left at light on Substation Road
- Right at stop sign on Pigeon Street
- Left at stop sign on Hwy. 215
- Right at stop sign on Sonoma Road
- Left on Poindexter Road
- Left at stop sign at Hwy. 276
- Right on Lake Logan Road
- Left into transition

### LAKE LOGAN TRIATHLON (Run Course - 10K)



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