The 200 yard swim will be an out and back in shallow water that runs parallel to the shore. The 6 mile bike course is a 3 mile loop inside the park, repeated 2 times. The 2 mile run course will be a loop course that begins on the paved trail between the Swim Start/Finish and Transition area. Participants stay on path to complete the 2 loops to the finish line.

* Entire course will be inside park*

Swim Course - 
Bike Course - 
Run Course - 
Water Station - WS