

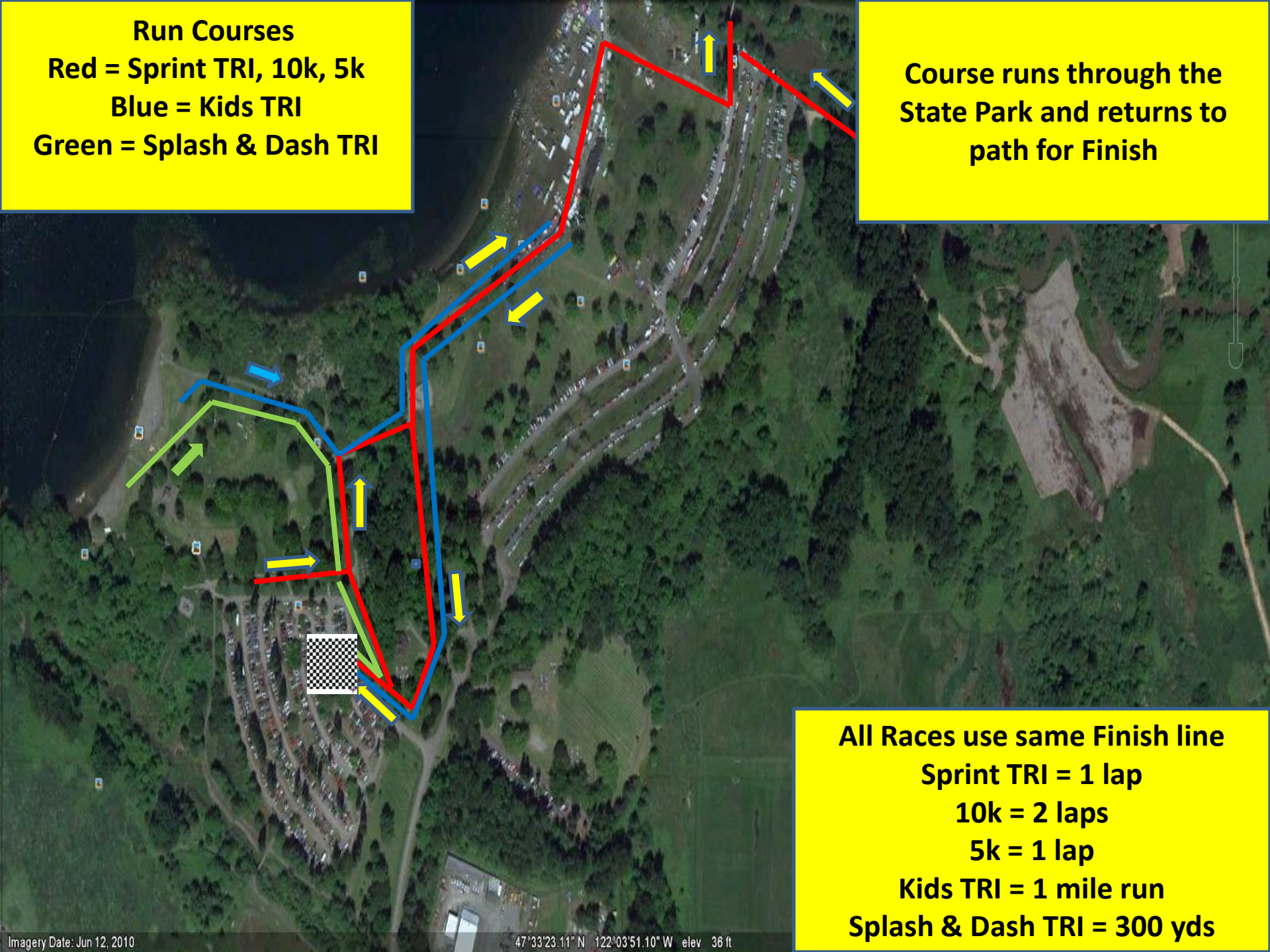
Run Courses

Red = Sprint TRI, 10k, 5k

Blue = Kids TRI

Green = Splash & Dash TRI

Course runs through the State Park and returns to path for Finish



All Races use same Finish line

Sprint TRI = 1 lap

10k = 2 laps

5k = 1 lap

Kids TRI = 1 mile run

Splash & Dash TRI = 300 yds