



### PG Northern Triathlon SPRINT RUN COURSE: 5 km (ages 16 and up)

- Exit Transition area to far end of Aquatic Center Parking lot.
- Turn left and run along parking lot fence.
- Turn right onto 18<sup>th</sup> avenue.
- Turn right at roundabout and continue to the intersection.
- Turn right onto 15<sup>th</sup> ave at intersection.
- Turn right on George Paul Lane trail. Aid Station located here.
- Repeat course 2 additional laps (3 total).
- On final lap, exit George Paul Lane pathway and run straight through Aquatic Center parking lot to finish line.