



Volunteer Parking

Competitor Parking

**Run:** Exit north from transition and take a left. Continue along perimeter of parking lot to 18th.  
 Right on 18th.  
 Right on George Paul Lane Left on 18th  
 Left on Ospika  
 Left on 15th  
 Left on George Paul Lane  
 Right at north end of parking lot for lap 2  
 Run the perimeter of parking lot  
 Right on 18th  
 Right on Foothills  
 Right on 15th  
 Right on George Paul Lane  
 Slight right into finish chute

- Swim Exit
- Run Lap 1
- Run Lap 2
- Transition
- Medical
- Finish

Age Group	Swim	Bike	Run
16 and Over	700m	2 laps/20k	5km