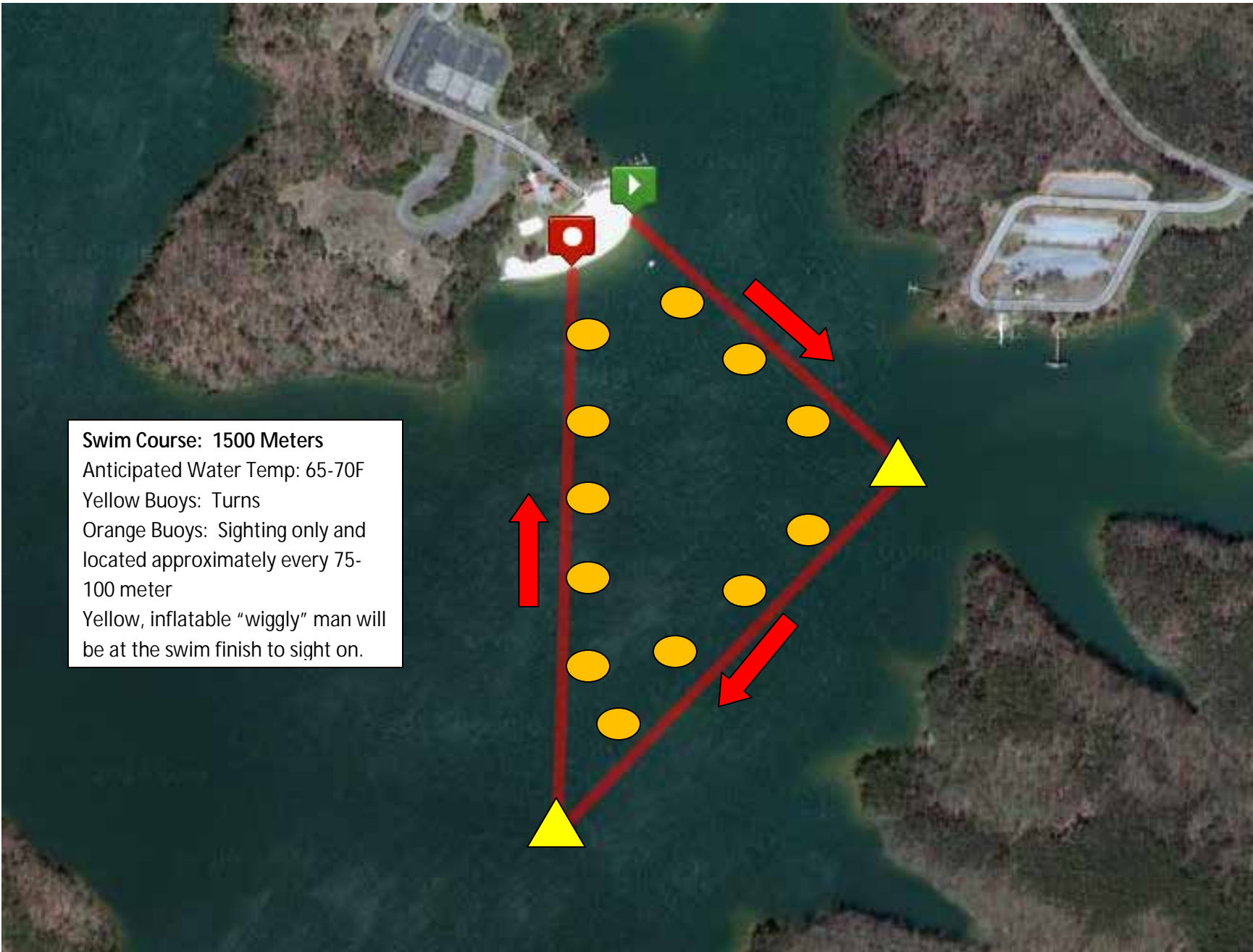
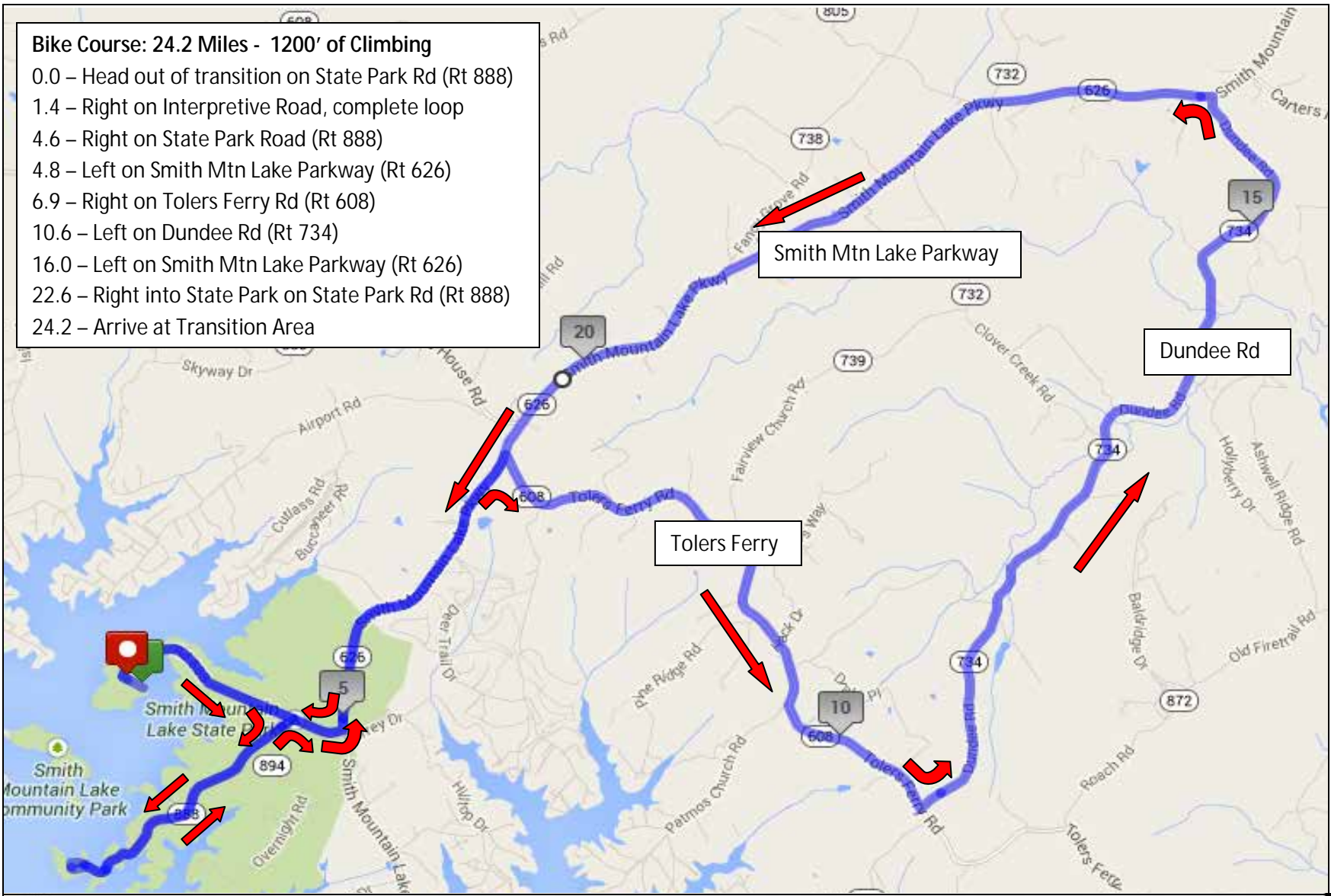


Swim Course: 1500 Meters
Anticipated Water Temp: 65-70F
Yellow Buoys: Turns
Orange Buoys: Sighting only and located approximately every 75-100 meter
Yellow, inflatable "wiggly" man will be at the swim finish to sight on.



Bike Course: 24.2 Miles - 1200' of Climbing

- 0.0 – Head out of transition on State Park Rd (Rt 888)
- 1.4 – Right on Interpretive Road, complete loop
- 4.6 – Right on State Park Road (Rt 888)
- 4.8 – Left on Smith Mtn Lake Parkway (Rt 626)
- 6.9 – Right on Tolers Ferry Rd (Rt 608)
- 10.6 – Left on Dundee Rd (Rt 734)
- 16.0 – Left on Smith Mtn Lake Parkway (Rt 626)
- 22.6 – Right into State Park on State Park Rd (Rt 888)
- 24.2 – Arrive at Transition Area



- Run Course: 6.2 Miles – 310' of climbing**
- 0.0 – Run start out of East side of Transition
 - 1.4 – Right on Interpretive Road
 - 3.0 – Run counterclockwise around loop
 - 4.5 – Right on Overnight Rd
 - 4.65 – Turnaround on Overnight Rd
 - 4.8 – Right on Interpretive Rd
 - 4.9 – Left on State Park Rd
 - 6.2 – Finish line

Note: Runners stay on this side of road as cyclists are returning in the opposite lane.



