

## GENERAL SMALLWOOD TRIATHLON RACE SITE OVERVIEW



Parking – Follow signs and volunteer directions....please do not be a “rogue parker”! PLEASE CARPOOL

Packet pickup – in the pavilion adjacent to the finish area

Swim start – in water, off the “T” dock

Swim exit (yellow line) – up boat launch ramp, over timing mats then up sidewalk to parking lot and TA

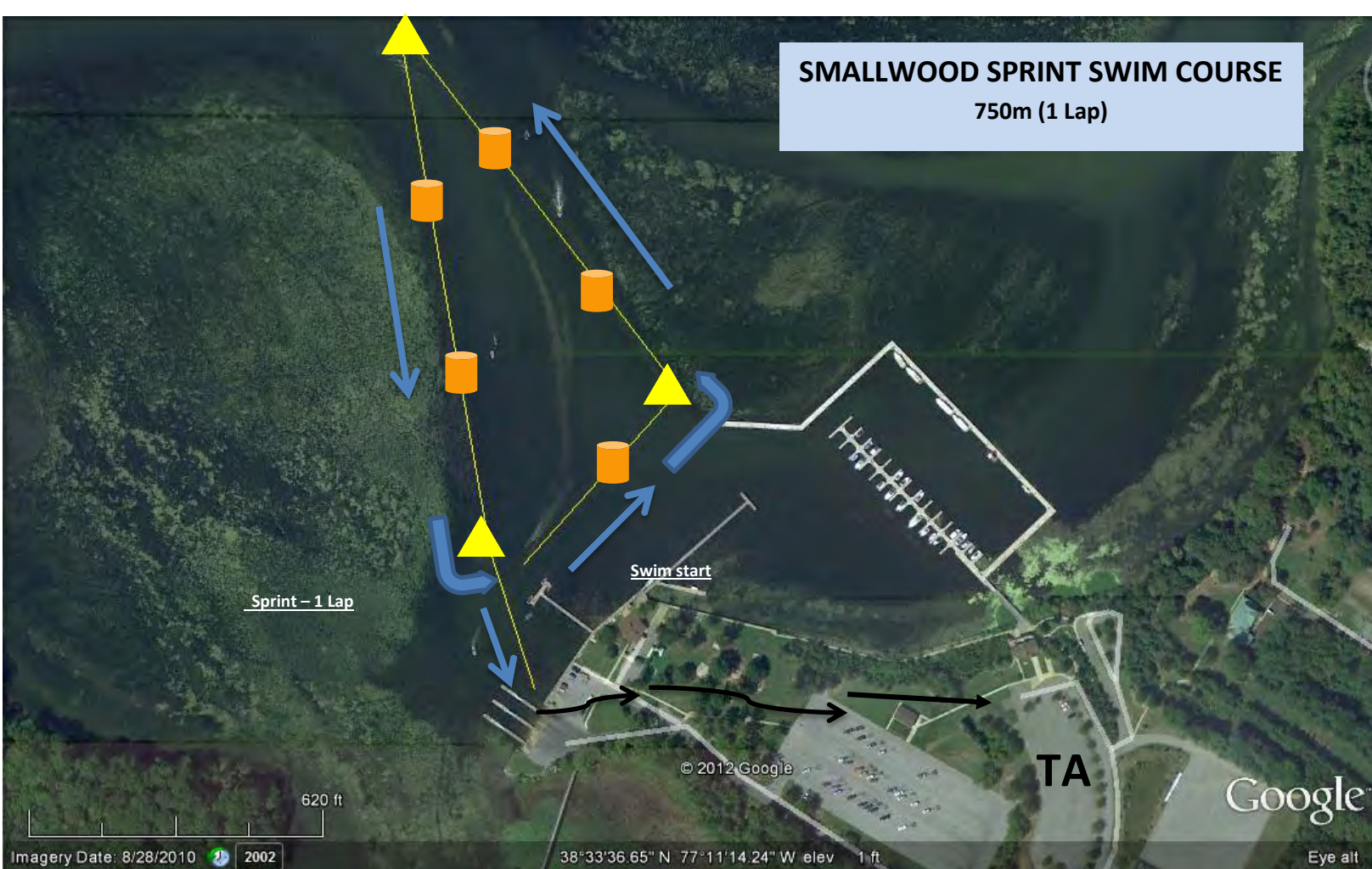
Bike in/out (black line) – Upper (north) side of TA. Mount/Dismount line will be on driveway.

**\*REMEMBER – Mount after line and Dismount before line**

Run out (green line) – Lower (south) side of TA. Head up road to begin run. After returning to Park and crossing footbridge, turn right and cross road to sidewalk and run to finish (after completing 2 laps for Intl).

## SMALLWOOD SPRINT SWIM COURSE

750m (1 Lap)



### 7 am Sprint – 750 meters

- In-water start from T-Dock
- Counter-clockwise flow
- Keep yellow triangle turn buoys on your left shoulder
- Orange cylinder buoys are for sighting...you can swim on either side of them
- Keep last turn buoy on your left to swim to exit
- Wiggly Man will be on the end of the dock
- Exit water at boat launch ramp

*\*If you need assistance - Roll on your back and wave your hand in the air – we will come to you.*

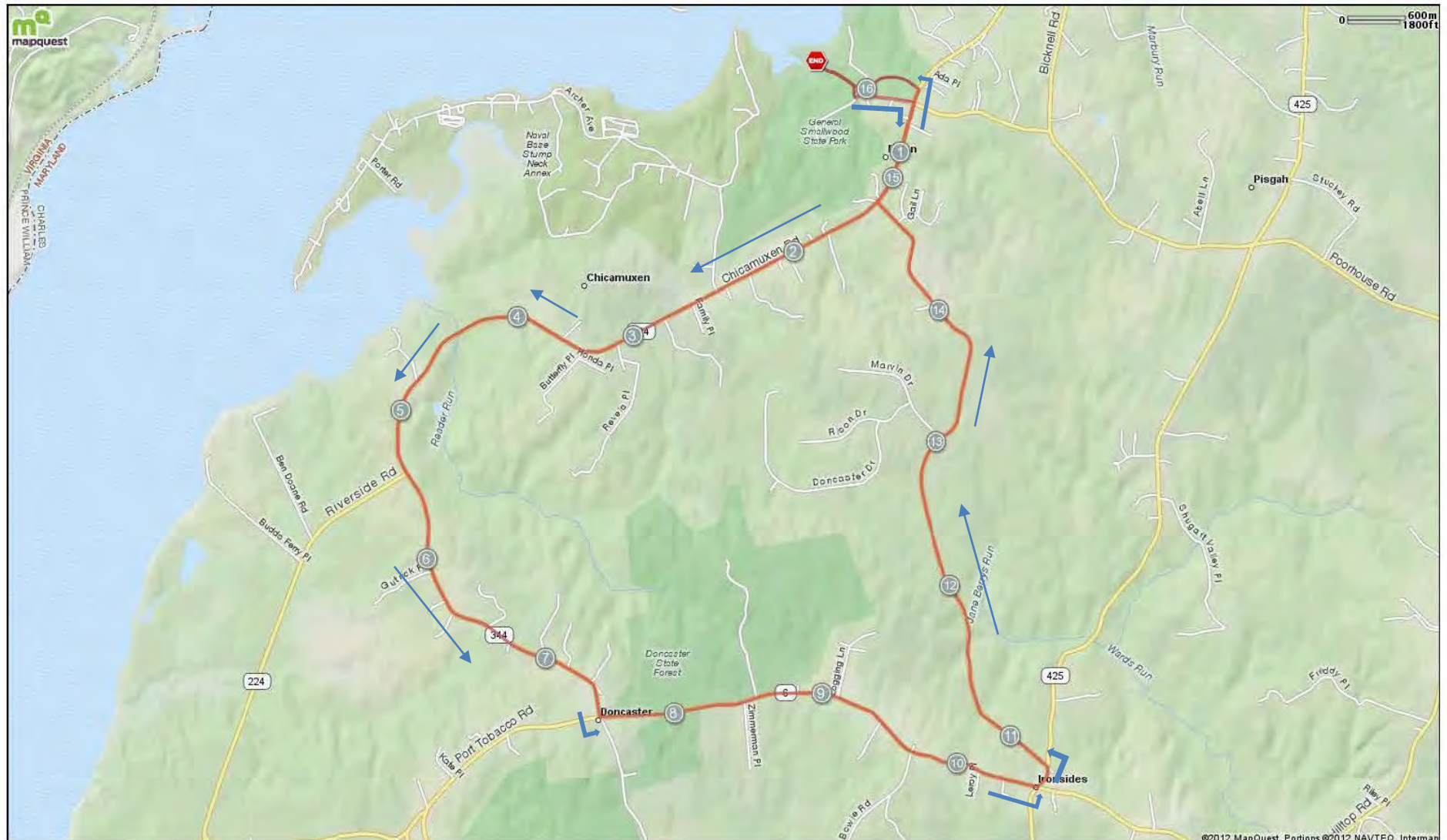
**If you do not finish the swim, for any reason, it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.**

# Smallwood Sprint Bike

Starts In Indian Head, Maryland

**16** miles

Elevation  
180ft Max 16ft Min +253ft -249ft < 3 %



1. Exit Smallwood State Park on Sweden Pt. Rd. and Turn Right on Chicamuxen Rd (MD-224)
2. Remain on Chicamuxen Rd, which becomes MD-344 at approx. Mile 5.5
3. Turn Left on Port Tobacco Rd. (MD-6) at approx. Mile 7.5
4. Turn Left on Mason Springs Rd (MD-425) at approx. Mile 10.5...this is a very short stretch before the next turn
5. Turn Left on Smallwood Church Rd
6. Turn Right on Chicamuxen Rd (MD-224)
7. Turn Left into Smallwood State Park main entrance to return to Transition Area

# GENERAL SMALLWOOD SPRINT TRIATHLON RUN COURSE – 3.1 MILES

2- Loop Course  
2 Water Aid Stations with  
water, gels, towels



- Runners exit Transition Area and head southeast on main Park Rd
- Turn right on Smallwood Rd
- Follow Smallwood Rd and keep left at fork for 1<sup>st</sup> LAP
- Follow road around and enter Cabin Loop
- Stay to the right on Cabin Loop and enter path that leads to footbridge, cross footbridge to enter boat ramp area
- Turn right on main Park road to begin 2<sup>nd</sup> LAP
- Cross footbridge after 2<sup>nd</sup> LAP, cross boat ramp area and take sidewalk up to Finish Chute in main parking lot