

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

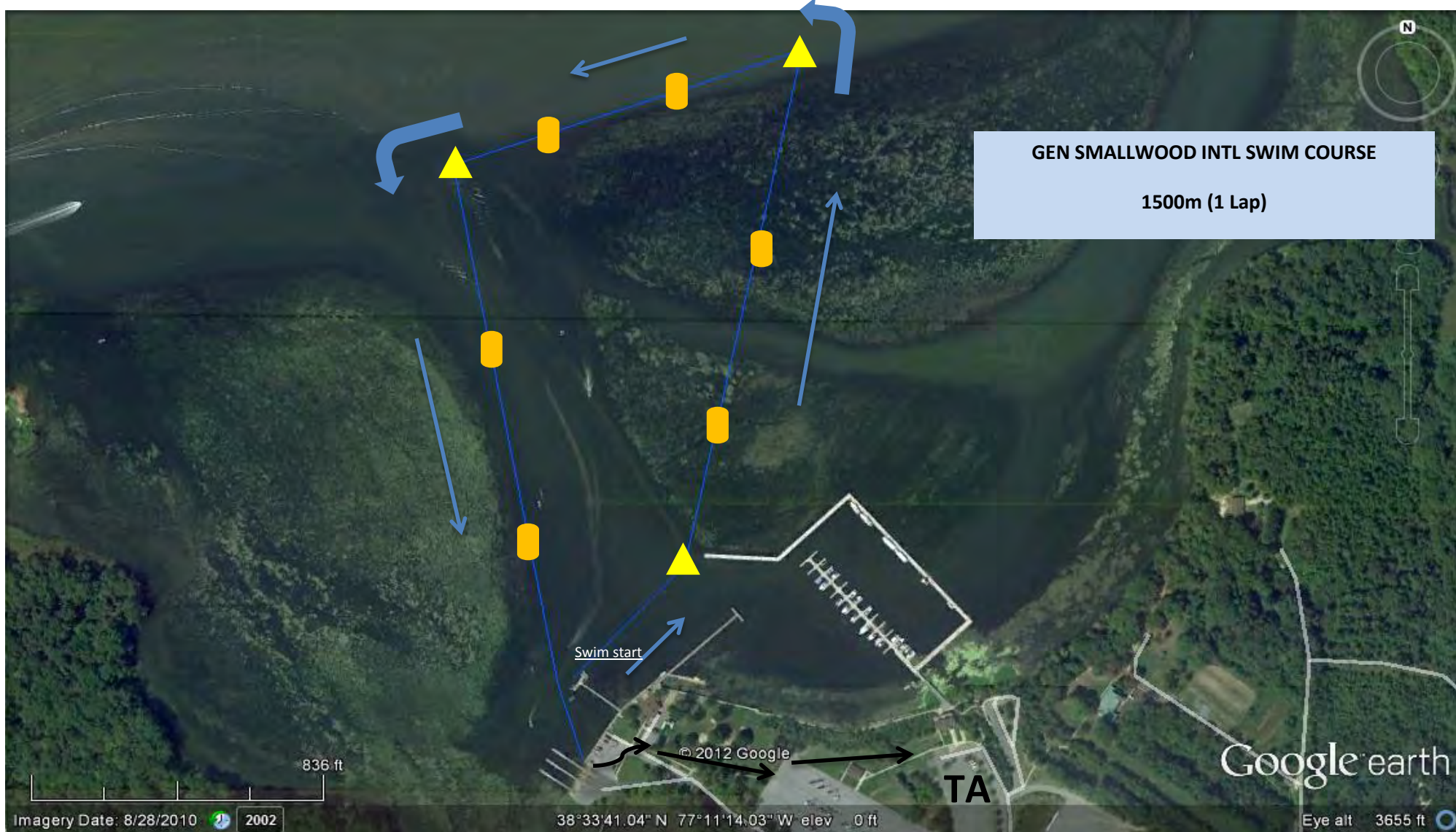
Swim start – in water, off the “T” dock

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).



Saturday Intl Swim Course – 1500 meters (1 lap)

- 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
- 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.*

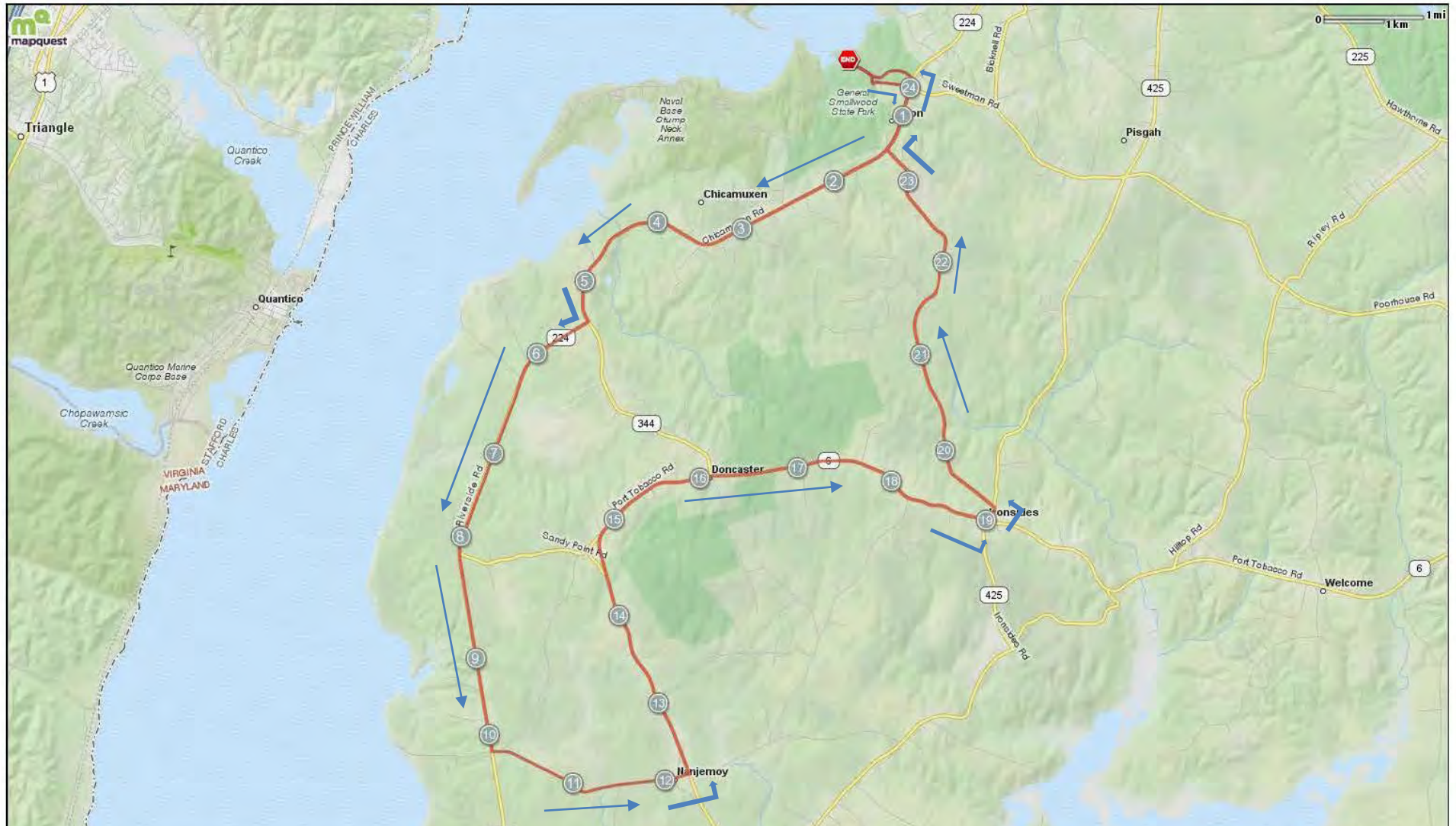
If you do not finish the swim, for any reason, it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.

Smallwood Int'l Bike

Starts In Indian Head, Maryland

24 miles

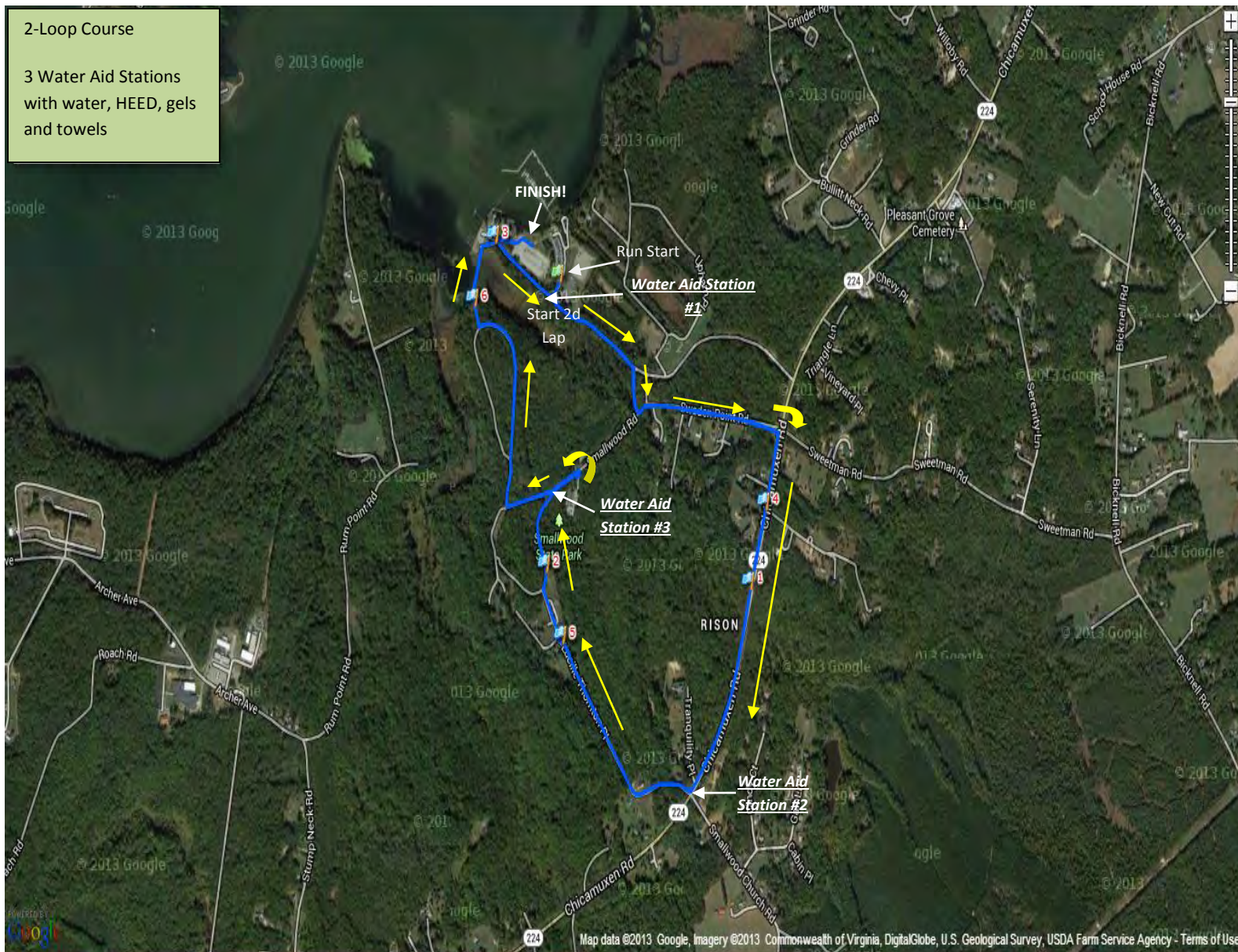
Elevation 180ft Max 16ft Min +374ft -371ft < 3 %



1. Exit Smallwood State Park on Sweden Pt. Rd. and **Turn Right** on Chicamuxen Rd (MD-224)
2. **Turn Right** on Riverside Rd, which is still MD-224 at approx. Mile 5.5
3. **Turn Left** on Liverpool Point Rd. (MD-426) at approx. Mile 10
4. **Turn Left** on Port Tobacco Rd. (MD-6) just after Mile 12
5. **Follow** Port Tobacco Rd. until approx. Mile 19 and **Turn Left** on Mason Springs Rd. (MD-425). This is a very short stretch before your next left turn.
6. **Turn Left** on Smallwood Church Rd and follow to the intersection of Chicamuxen Rd (MD-224)
7. **Turn Right** on Chicamuxen Rd, then in less than a mile, **Turn Left** into Smallwood State Park main entrance to return to Transition Area.

GENERAL SMALLWOOD INTERNATIONAL

TRIATHLON RUN COURSE – 6.2 Miles



- Runners exit Transition Area and head southeast on main Park road
- Turn right at Smallwood Rd. then left on Sweden Point Rd. via access gate. The road climbs all the way to MD-224
- Turn right on Chicamuxen Rd/MD-224 and run on right shoulder for approx. .65 miles
- Turn right on Lucille Thornton Place, take it all the way to the end and access dirt trail through the woods and reenter the Park
- Stay to the right and turnaround at Park Maintenance road
- Stay to the right and enter Cabin Loop
- Enter path at end of Cabin Loop and cross footbridge to exit at boat ramp area
- Turn right on main Park road to begin 2d lap
- Cross footbridge after 2d lap, cross boat ramp area and take sidewalk up to Finish Chute in main parking lot