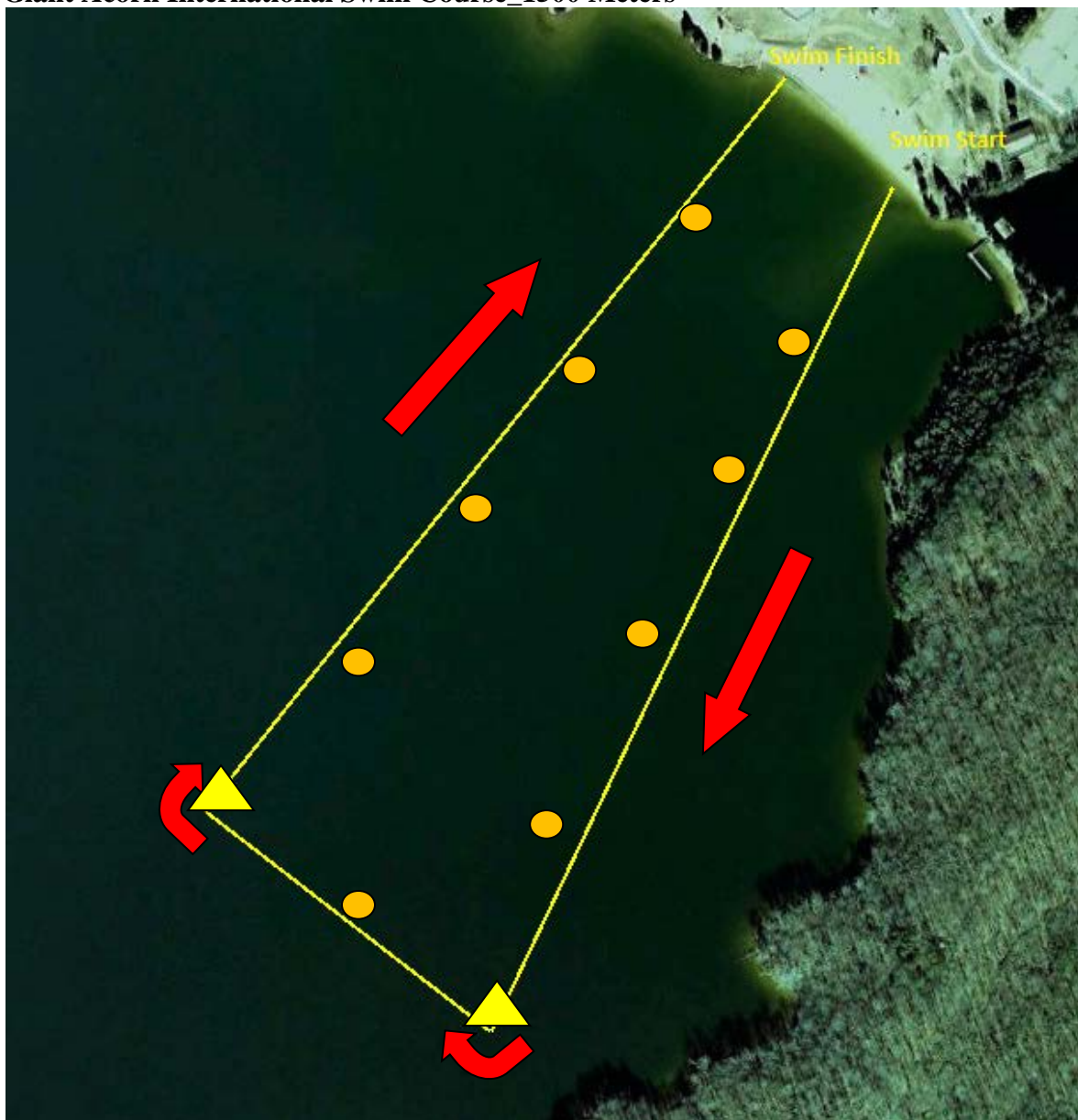
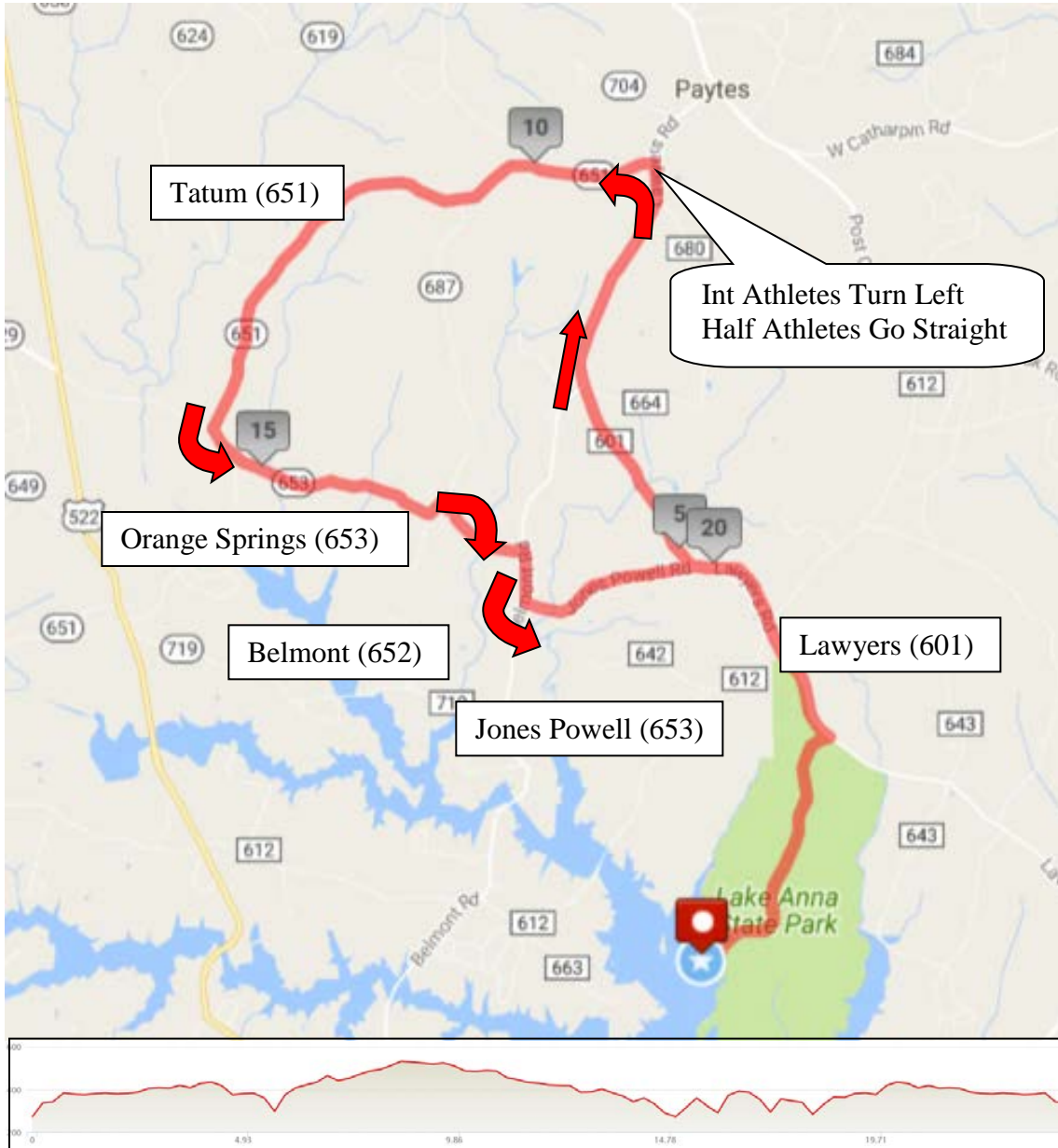


Giant Acorn International Swim Course_1500 Meters



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

Giant Acorn International Bike Course_24.6 Miles



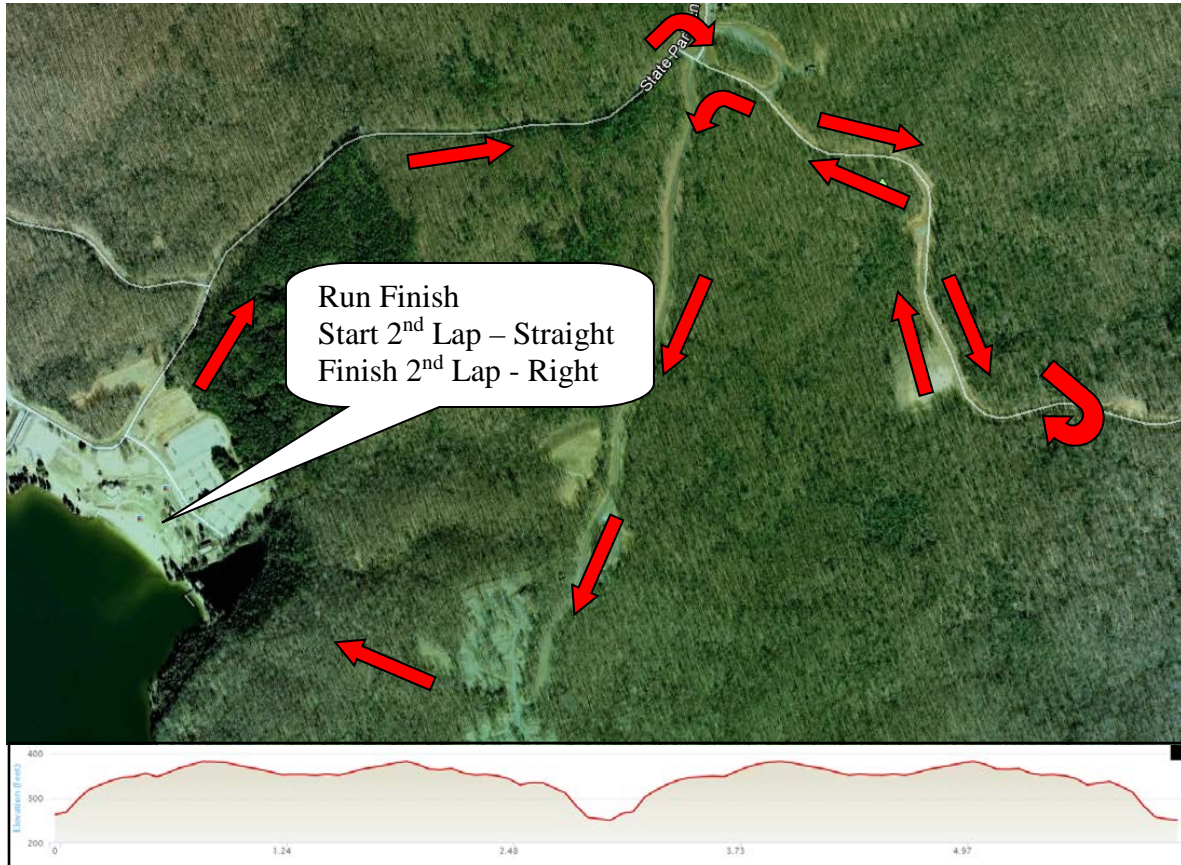
Course Notes: This course is open to traffic, please ride safely to the right as much as possible. There will be police officers at key intersections along the course and volunteers at all intersections. It is your responsibility to know the course. USAT bike course rules will be enforced.



Giant Acorn International Bike Course Cue Sheet

| Mileage | Notes |
|----------------|---|
| 0.0 | Mount bike after line and proceed to park entrance |
| 2.6 | Turn Left on Lawyers Road |
| 4.8 | Turn Right on Lawyers Road |
| 8.9 | Turn Left on Tatum Road (Half athletes will proceed straight) |
| 14.5 | Turn Left on Orange Springs Road |
| 17.8 | Turn Right on Belmont |
| 18.2 | Turn Left on Jones Powell |
| 20.8 | Watch for Half athletes merging back into course |
| 22.0 | Turn Right back into park |
| 24.6 | Dismount bike before the line, run bike to transition area |

Giant Acorn International Run Course_6.2 Miles



Course Notes: This course is all inside the state park on paved roads and jogging paths. The International course is 2 loops of the Sprint course. There is a good uphill coming out of transition and a good downhill coming down to the finish line. As you start the 2nd lap you will run past the finish line, you are at the 5K point. Do another lap and as you finish your second lap you will turn Right into the finish line. There will be water at least every mile. Be swift!