




Race starts at 9 a.m. • Roads close 8:30 a.m. - 1 p.m.


..... Run 3.3 miles

..... Kayak 1.5 miles

—— Bike 9 miles (3 laps)

- - - - Road closure is 1 lane only in these sections for cyclists

 Bike staging area

 Kayak staging area

