

Sherman Lake

Buoys will always be on your right. There may be more or fewer buoys for race day

Dock at waterfront

Swim start is just past the end of the dock

You will move from the staging area, under the dock to the starting point, just past the end of the dock. The swim course is clockwise turning around at the final buoy and exiting the water to the right of the dock as you finish.

Swim staging area

“Swim out” to transition

Transition area

Bike out

Bike in

Run out

Not to scale!

Run to finish

Finish line

