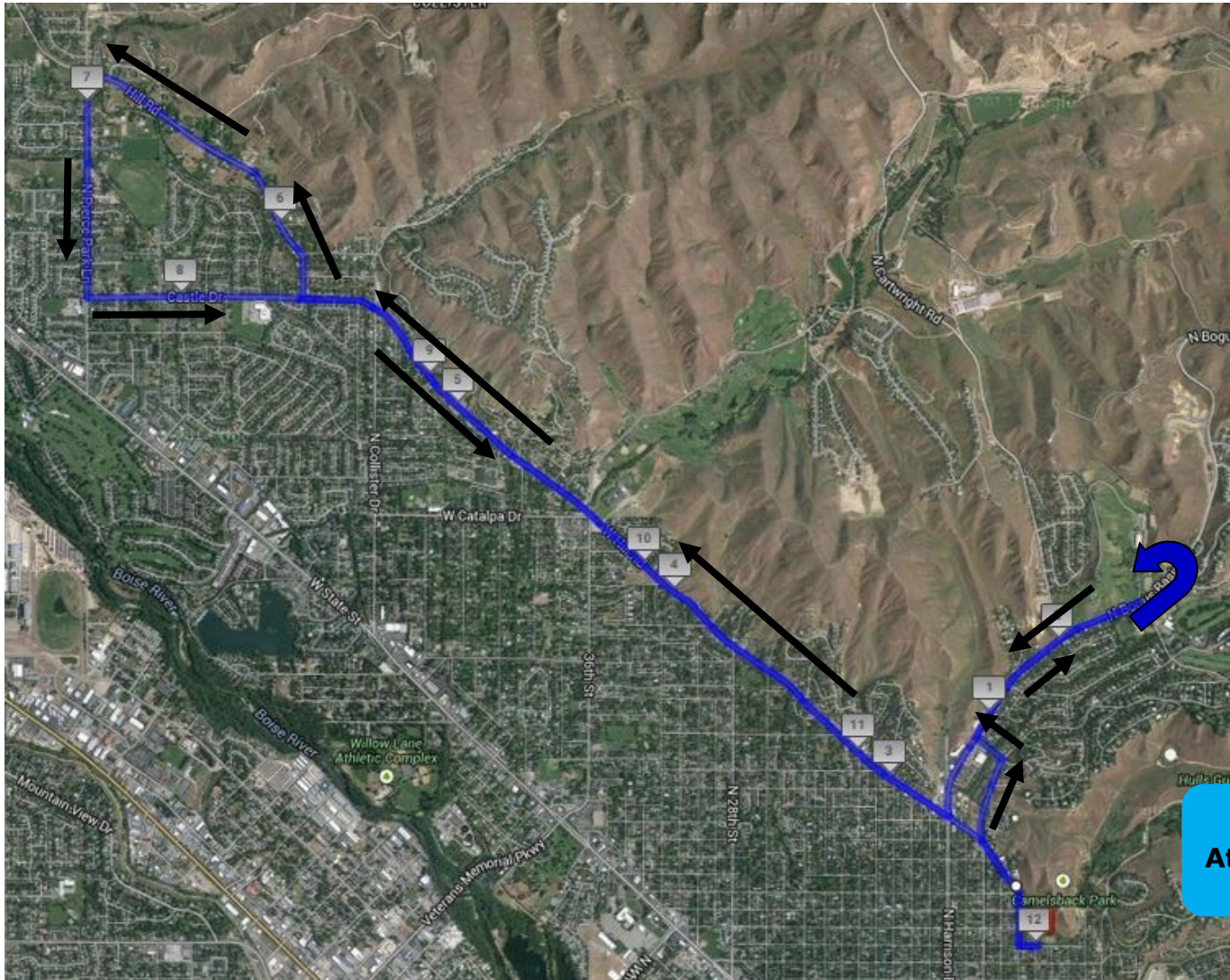


# Spring Sprint Triathlon Long Course Bike Map (12 Miles)

Turn Left at  
Pierce Park  
& then Left at  
Castle.



Start & Finish  
At Camel's Back Park

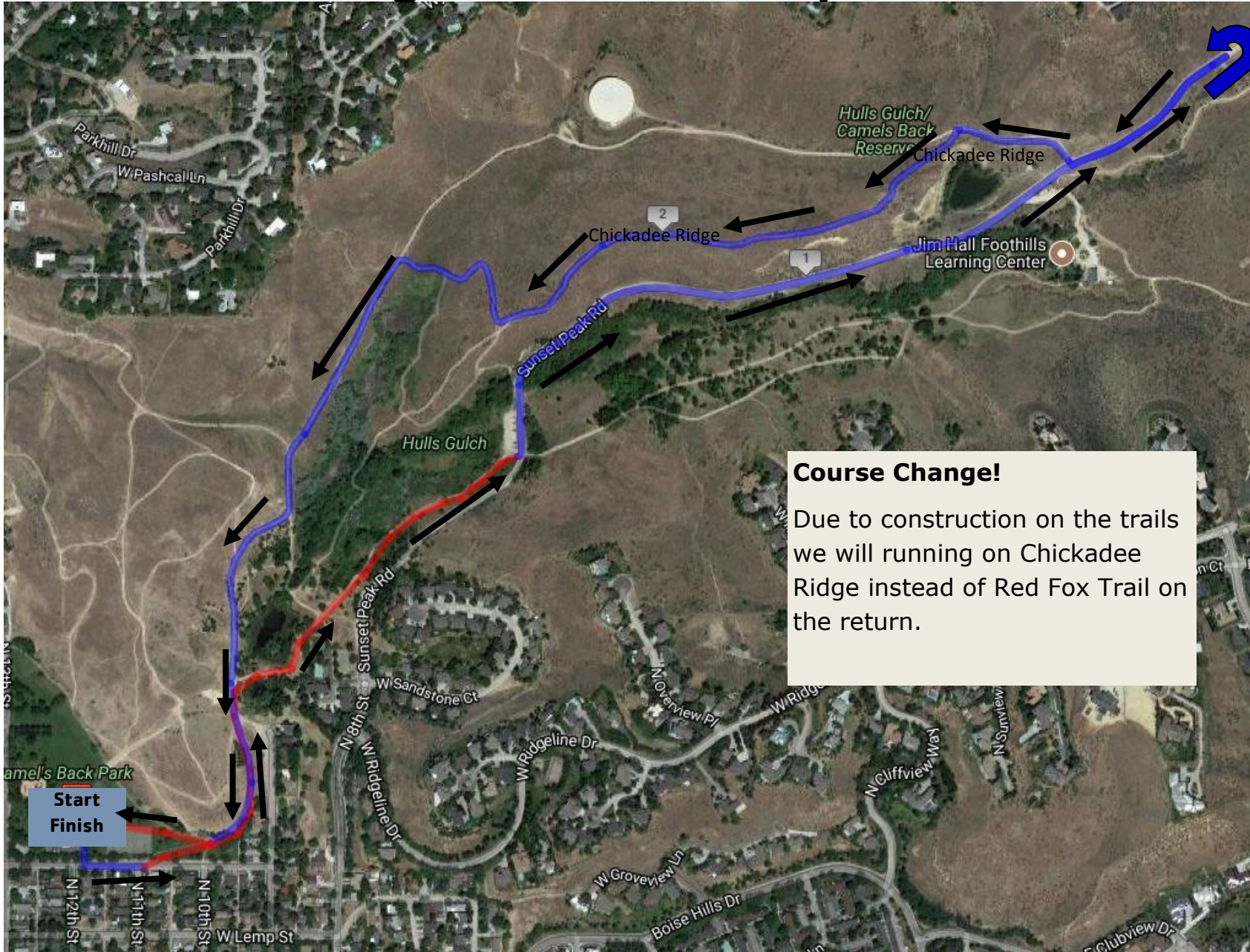
Exit the parking lot to the right, right on 13th St, follow as it turns into Hill Rd, slight right onto 15th, left on Park Hill, Right onto Bogus Basin Rd, turn around near the 3Way stop at Highlands Elementary, back down Bogus, right on Hill Rd, slight right to continue onto Hill Rd., turn left onto Pierce Park, then left on Castle, Castle turns into Hill Rd, head back on Hill Rd, Hill Rd will turn into 13th, left onto Heron St, back into the transition area.





# Spring Sprint Triathlon

## Long Course Run Map (3 miles)



**Course Change!**  
Due to construction on the trails we will be running on Chickadee Ridge instead of Red Fox Trail on the return.