

RUN COURSE

- Sprint: <1 Lap (3.1 mi)
- Intermediate Duathlon: <1 Lap (3.1 mi)
- Intermediate: 1 Lap (6.55 mi)
- Half Duathlon: 1 Lap (6.55 mi)
- Half Steel: 2 Laps (13.1 mi.)
- Full Steel: 4 Laps (26.2 mi.)
- Full Duathlon: 1 Lap, then 3 more laps after bike (26.2 mi. total)



SPRINT /
INTERMEDIATE
DUATHLON
TURNAROUND

RUN AID
STATION 2

RUN AID
STATION 3

RUN AID
STATION 1 /
SPECIAL NEEDS

West Lake Rd.

54A

INDIAN
PINES PARK

START /
FINISH

PENN
YAN

KEUKA
LAKE

TURNAROUND



Racing out of the Dark Ages™