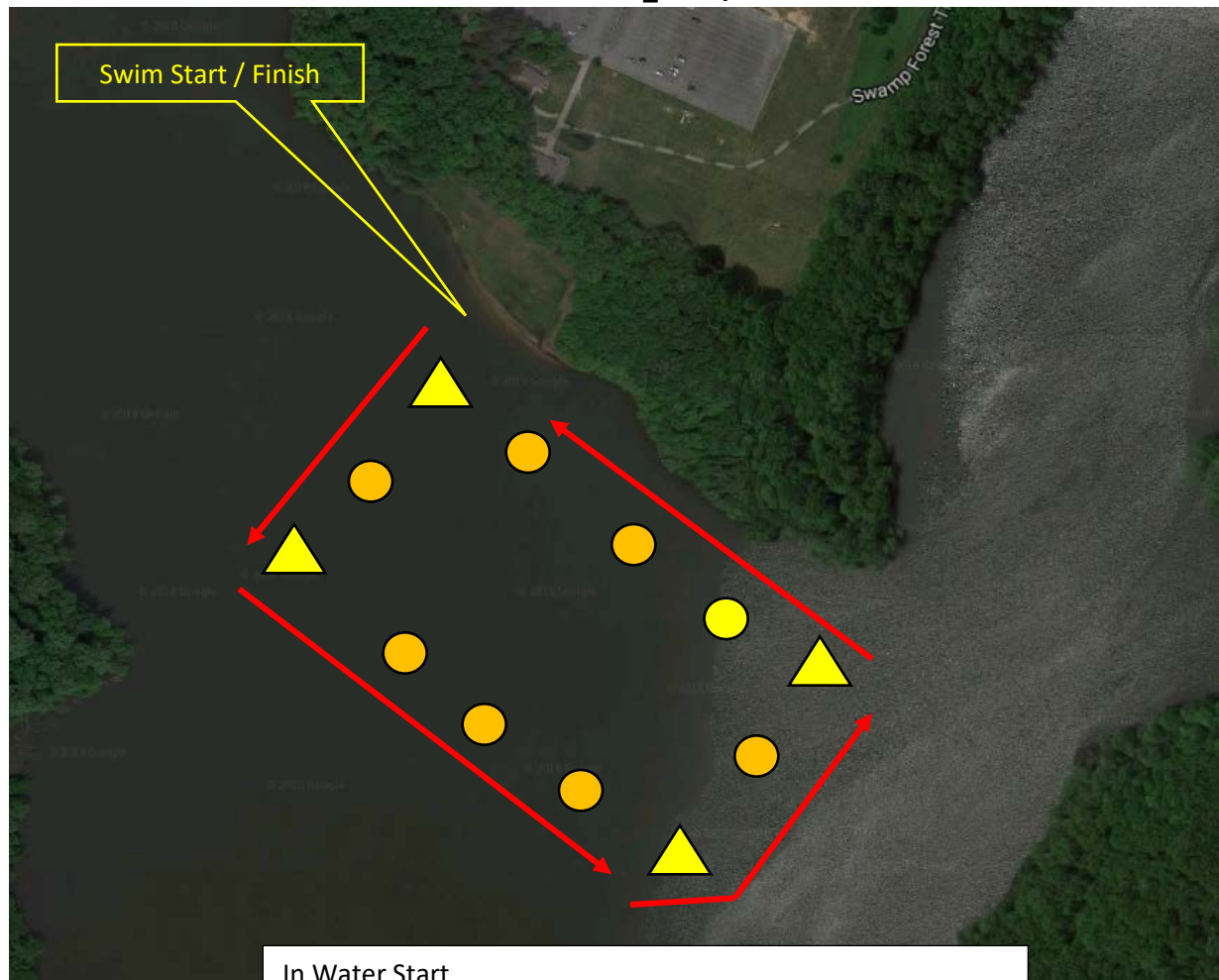


### Lums Pond Swim Course\_1500 / 750 Meters

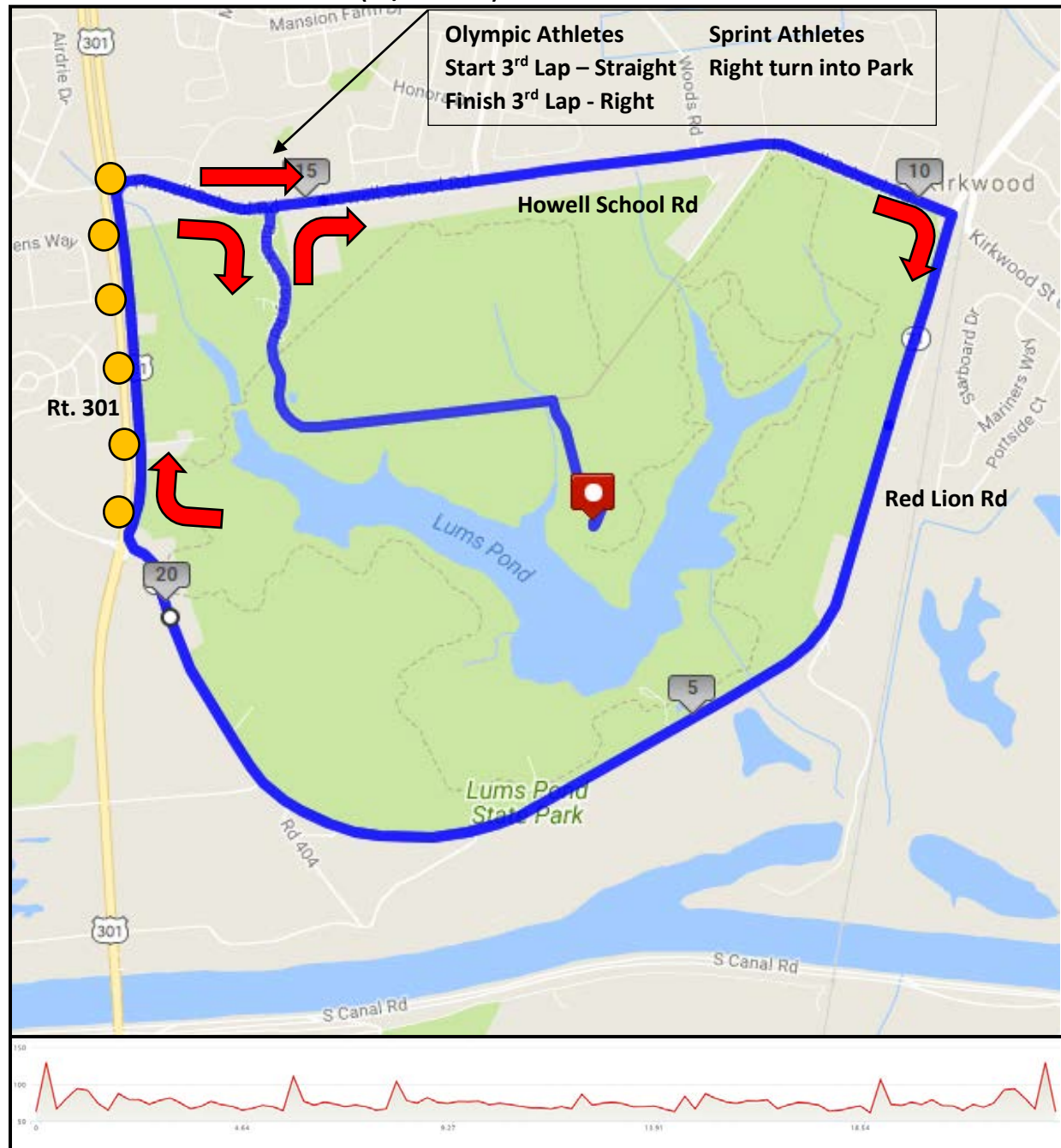


#### In Water Start

Yellow Pyramids are turn buoys and must be on your left.  
Orange round buoys are for sighting only, you may swim on either side of these. Water is expected to be in the mid 70's.  
Olympic is 2 Loops, Sprint is 1 Loop.



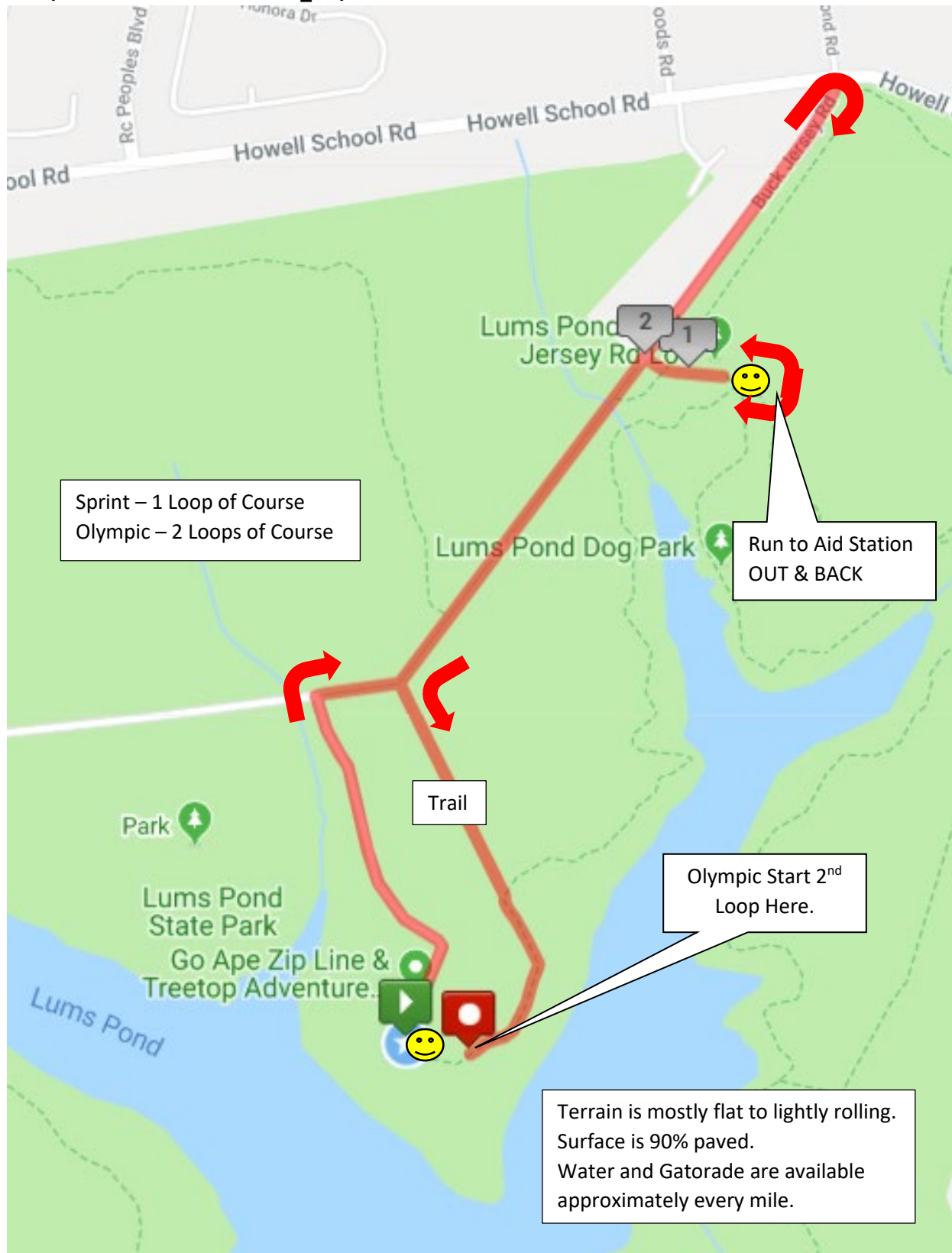
### Lums Pond Triathlon Bike Course (23/10 Miles)



The Bike course at Lums Pond is as close to a race track experience that an athlete can get. The course is all right hand turns with smooth pavement and wide shoulders throughout 80% of the course. While not closed to traffic, athletes do get a dedicated lane (and shoulder) on 301.



# Tri-It/DiamondMan Run Course\_3.1/6.2 Miles





Tri-It/DiamondMan Duathlon Run #1 Course\_1.0 Miles





## Lums Pond Site Layout (Area 1)

