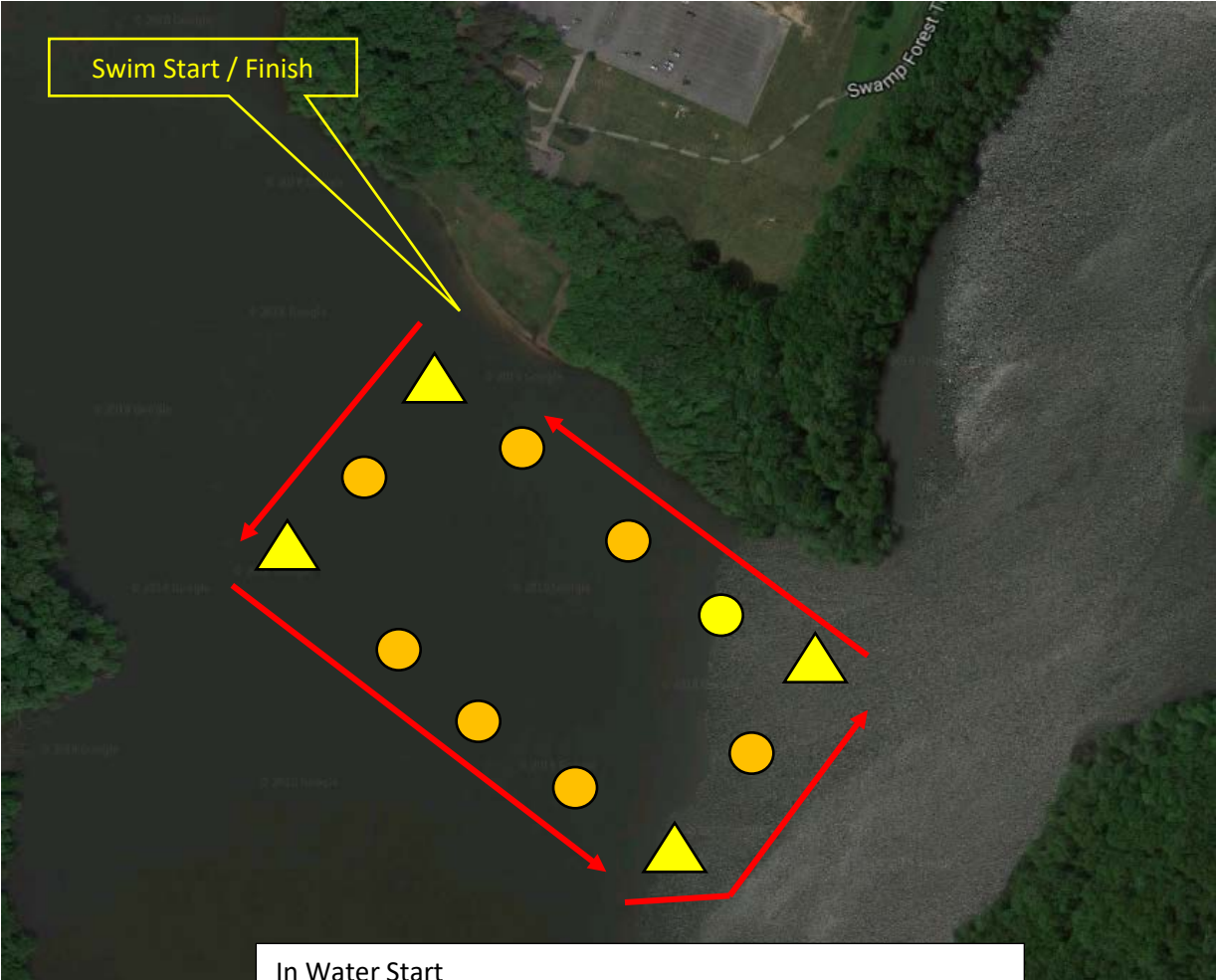
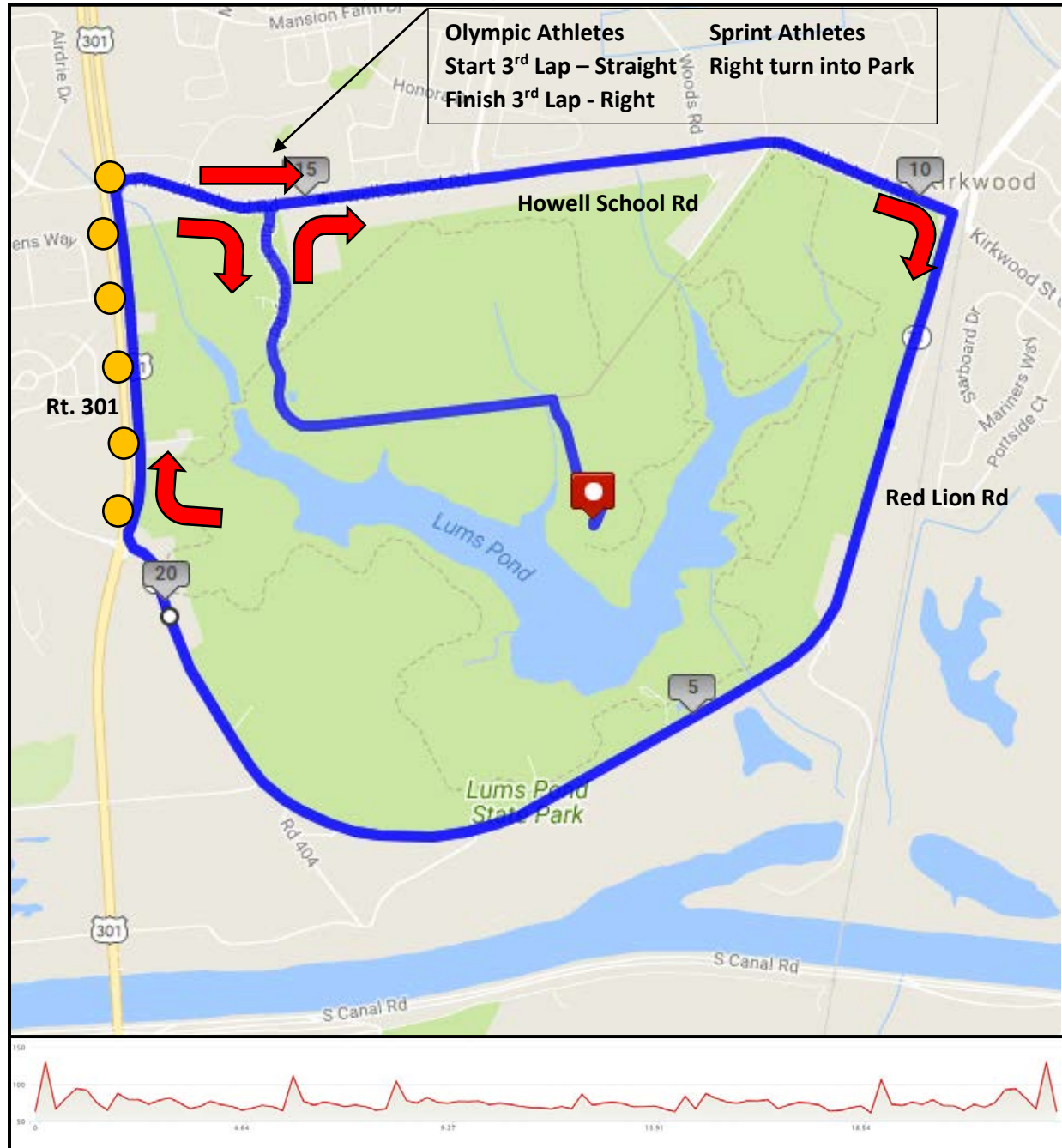


Lums Pond Swim Course_1500 / 750 Meters



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.

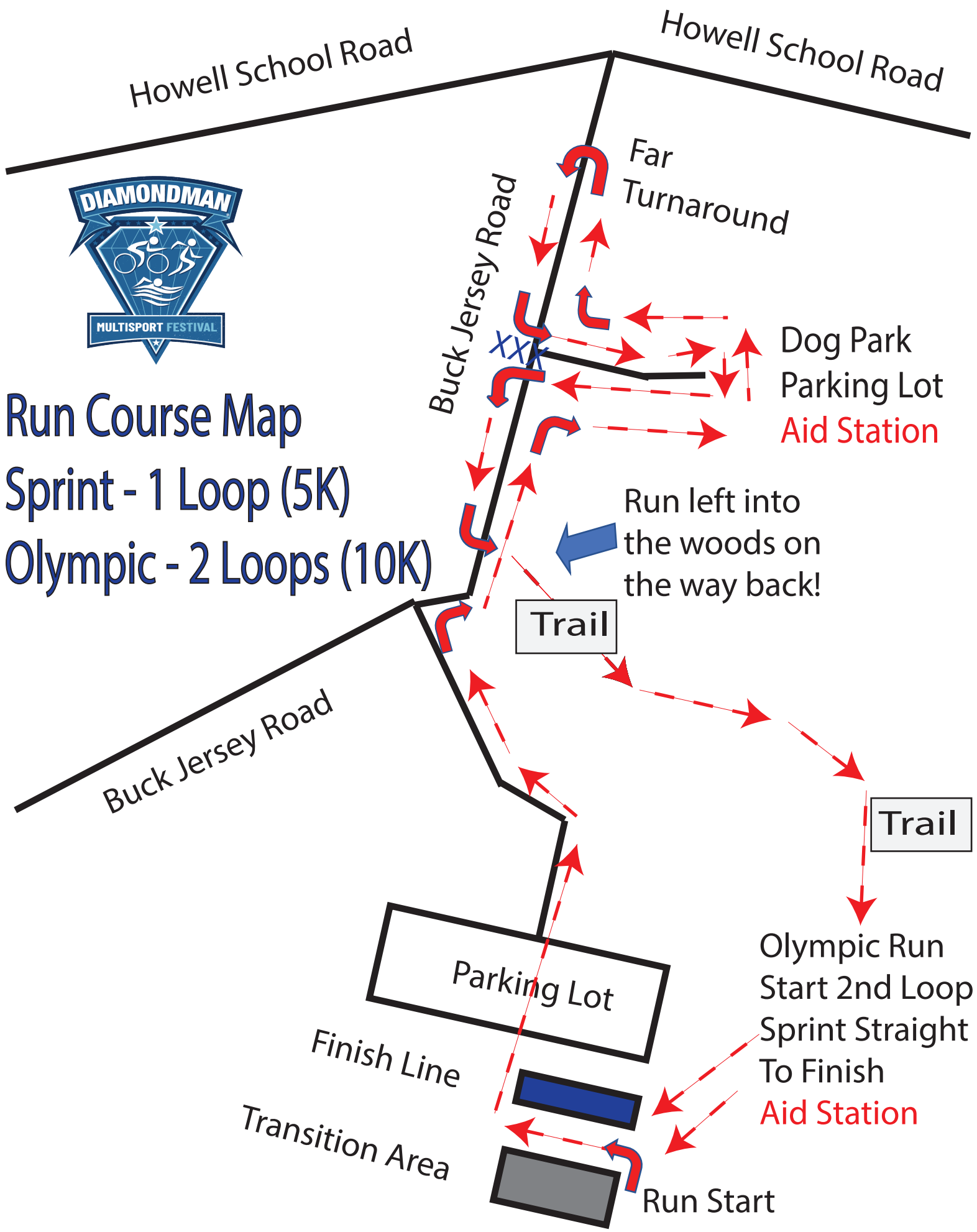
Lums Pond Triathlon Bike Course (23/10 Miles)



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.



Run Course Map
Sprint - 1 Loop (5K)
Olympic - 2 Loops (10K)



Dog Park
Parking Lot
Aid Station

Run left into
the woods on
the way back!

Trail

Trail

Olympic Run
Start 2nd Loop
Sprint Straight
To Finish
Aid Station

Run Start

Parking Lot

Finish Line

Transition Area

Buck Jersey Road

Buck Jersey Road

Far
Turnaround

Howell School Road

Howell School Road

Lums Pond Site Layout (Area 1)

