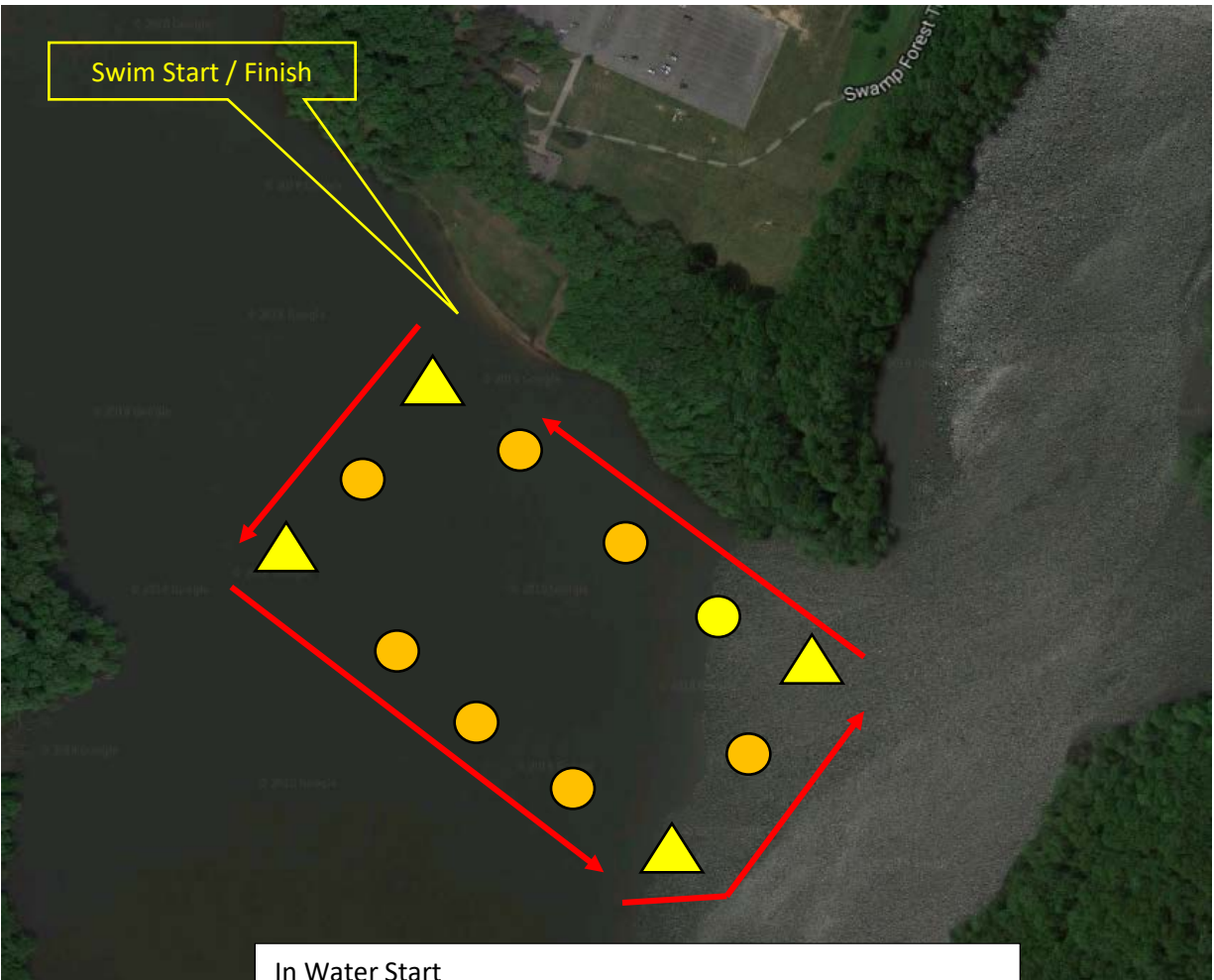


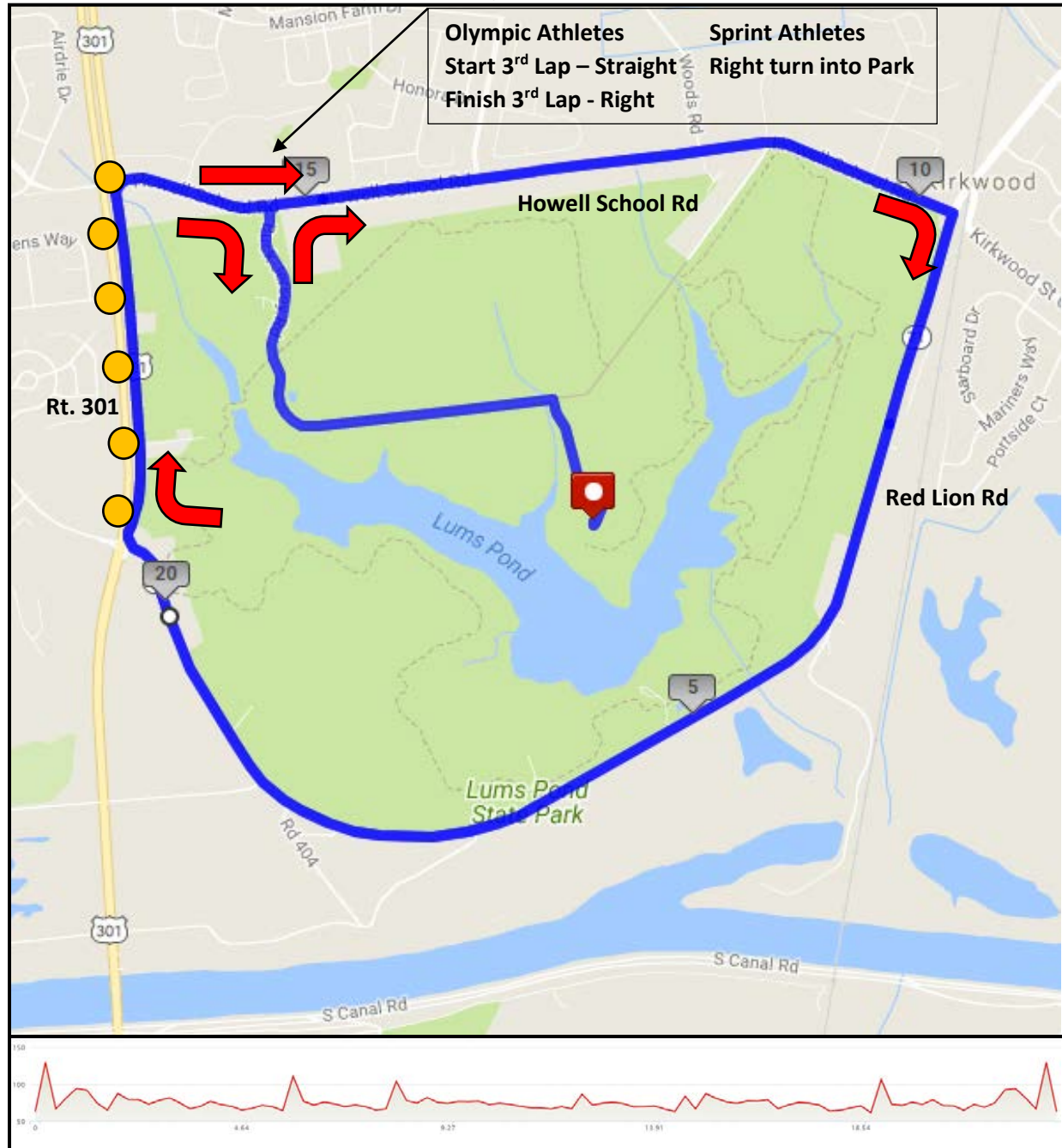
Lums Pond Triathlon Swim Course_1500 / 750 Meters



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. Olympic is 2 Loops, Sprint is 1 Loop.



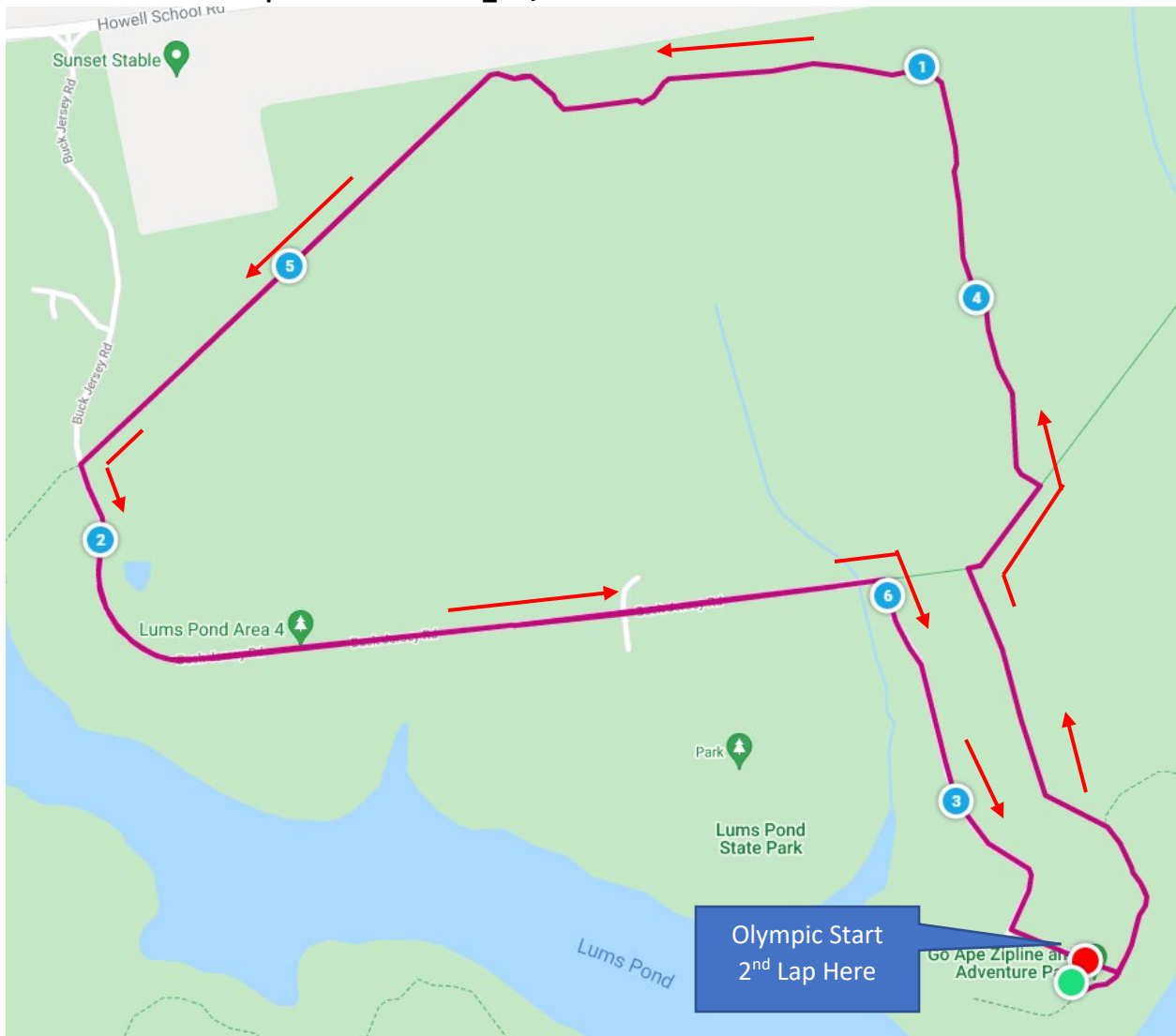
Lums Pond Triathlon Bike Course (23/10 Miles)



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.



Lums Pond Triathlon Updated Run Course_3.2/6.4 mile



Running surface is a mix of dirt, packed gravel and pavement. Little to no elevation gain throughout. Water is available 2-3x per loop. One loop for Sprint, two loops for Olympic.



Lums Pond Site Layout (Area 1)

