

Lums Pond Triathlon Swim Course_750/1500 Meters

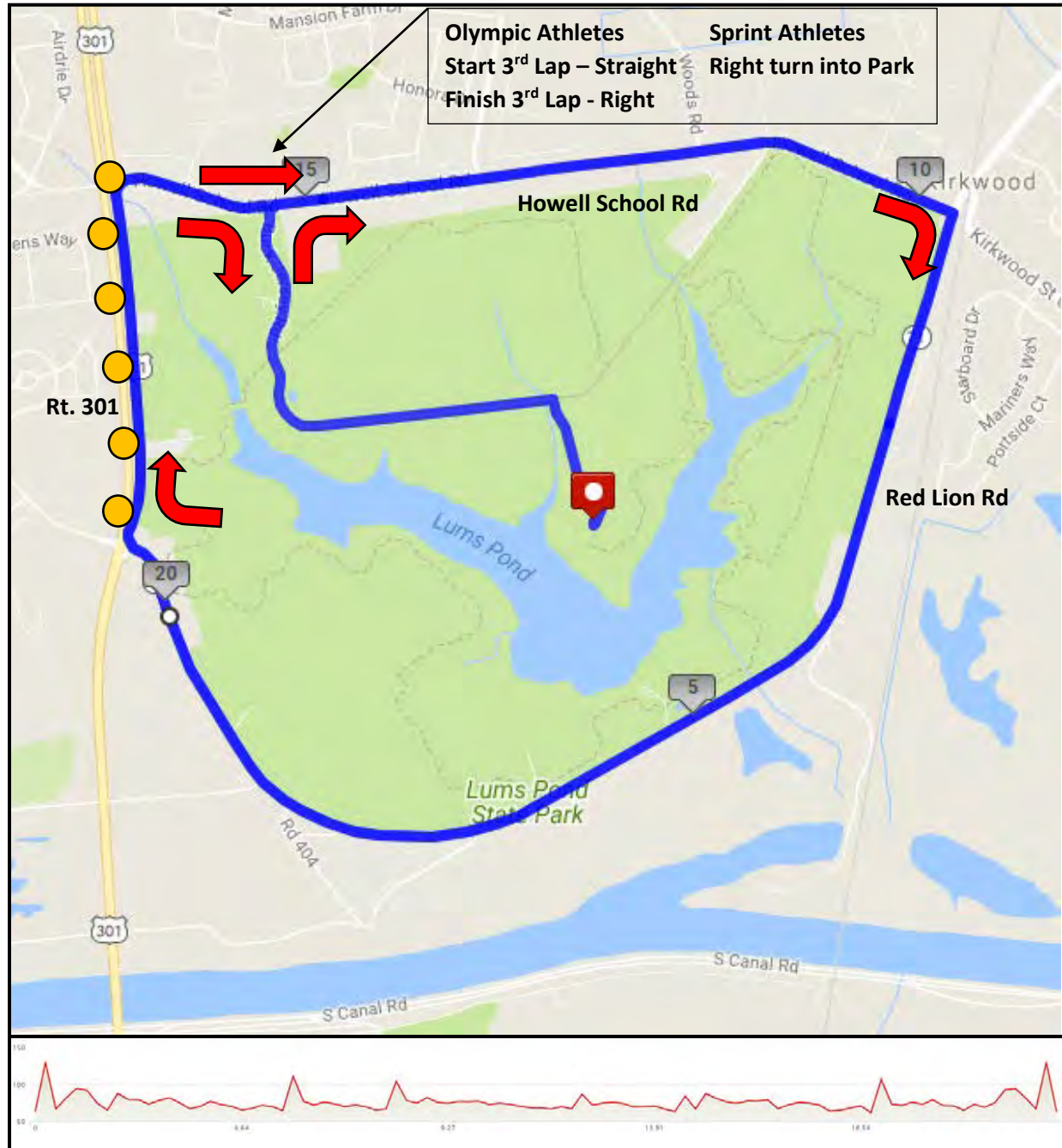


The Lums Pond Triathlon features a beautiful lake swim. The swim is a gradual beach start/finish and the depth ranges from 10-15' throughout. The start is a time trial format, faster athletes up front starting 2 at a time. Kayakers and lifeguards will be stationed throughout the course. Please note that our water safety team does not make up for a lack of open water swim training.

Orange Buoy– Sighting (pass on either side) / Yellow Triangle – Left Turn / Yellow Barrel – Right Turn

Olympic Distance athletes do 2 loops of the swim course starting their 2nd lap in the water.

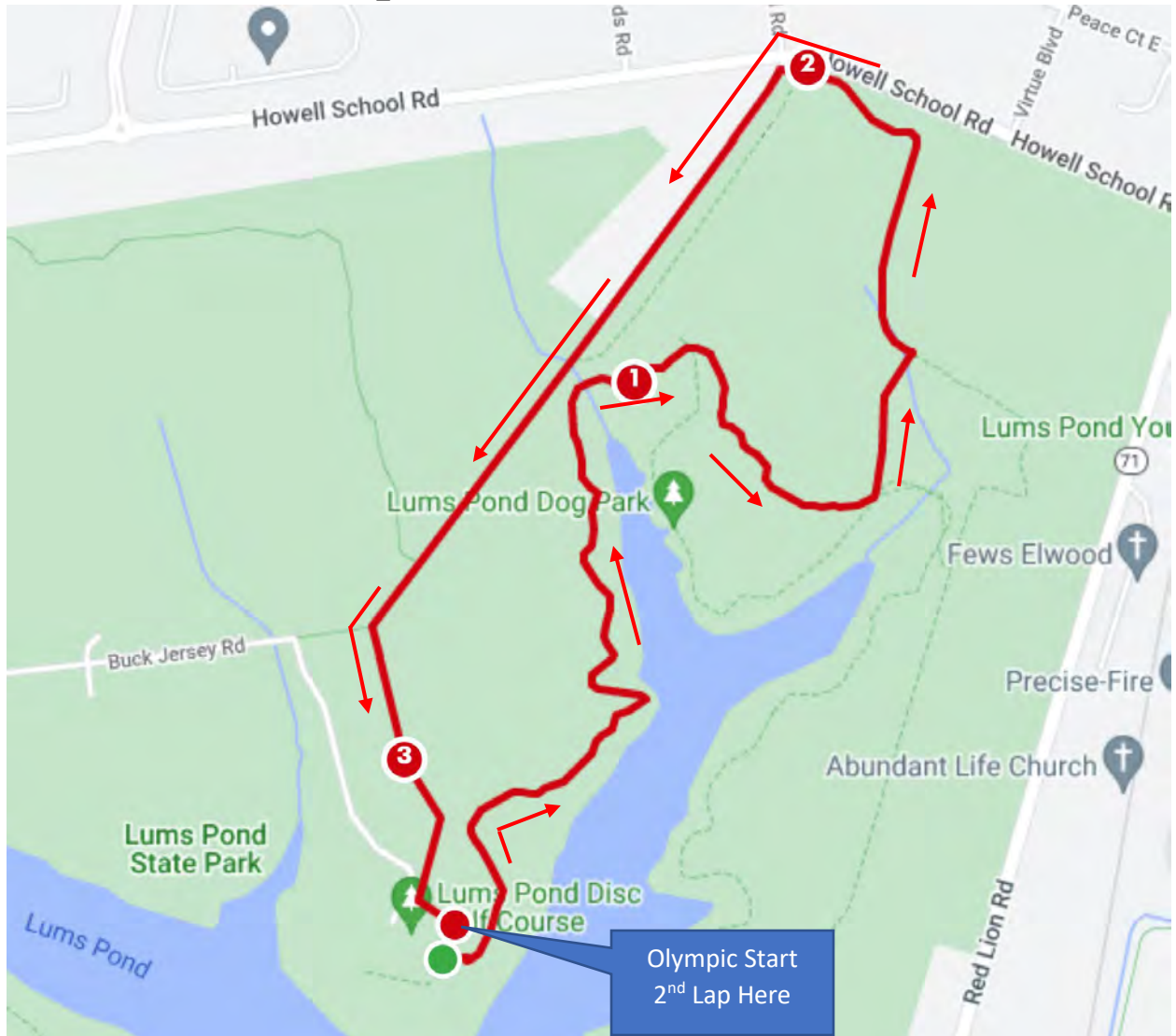
Lums Pond Triathlon Bike Course (23/10 Miles)



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 Run Course_3.1 / 6.2 mile



This pancake flat run course and is a mix of scenic lakeside trails long, paved straightway. Water will be provided 2-3x per loop. One loop for Sprint, two loops for Olympic.



Lums Pond Site Layout (Area 1)

