

# Trailblazer Triathlon Duathlon and 5k Maps

## Parking, Registration, Check-in



## Triathlon Course Map

Swim: 350-meter swim (out and back). See Map of Waterfront Park.

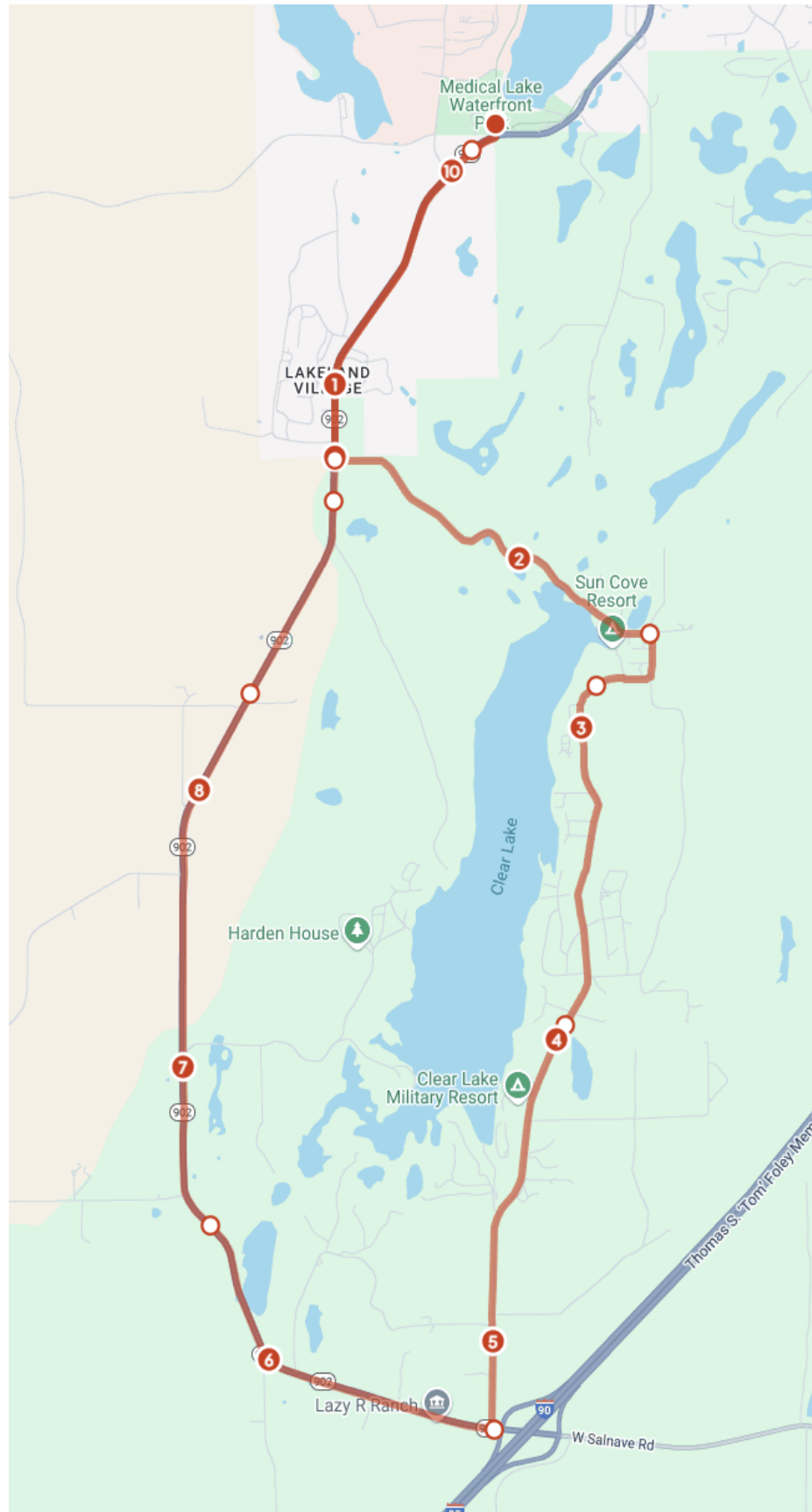
## BIKE COURSE

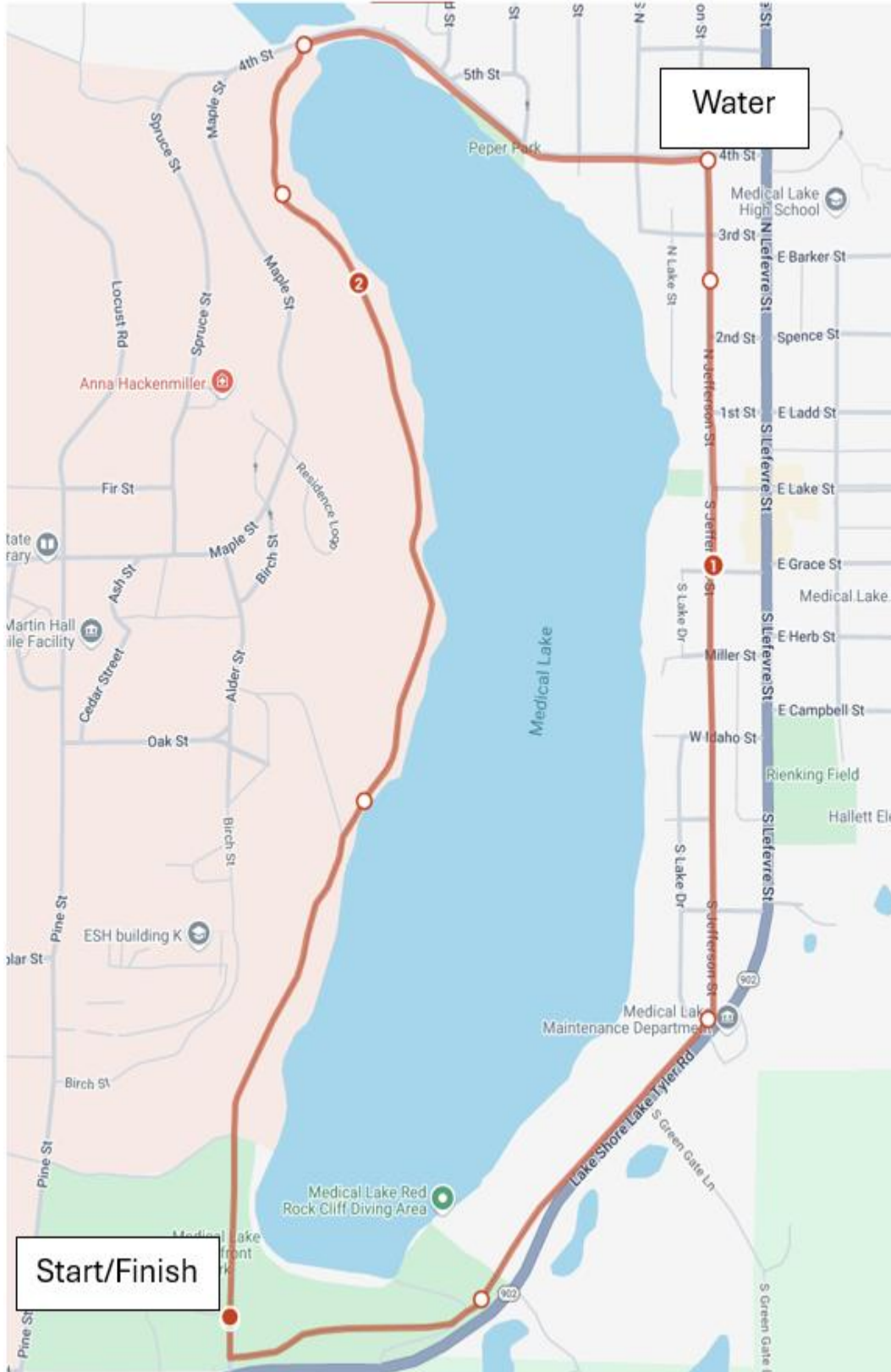
Starting from transition area mount bike at mount line.

Exit Waterfront park and turn right onto HWY 902. GO approx. 1.25 miles then turn left onto Clear Lake Road. GO approx. 4 miles then turn right onto HWY 902 and continue back to transition area to complete bike portion. Dismount at dismount line

\*Helmet on and always buckled.\*

\*Follow rules of the road, this is an open course\*





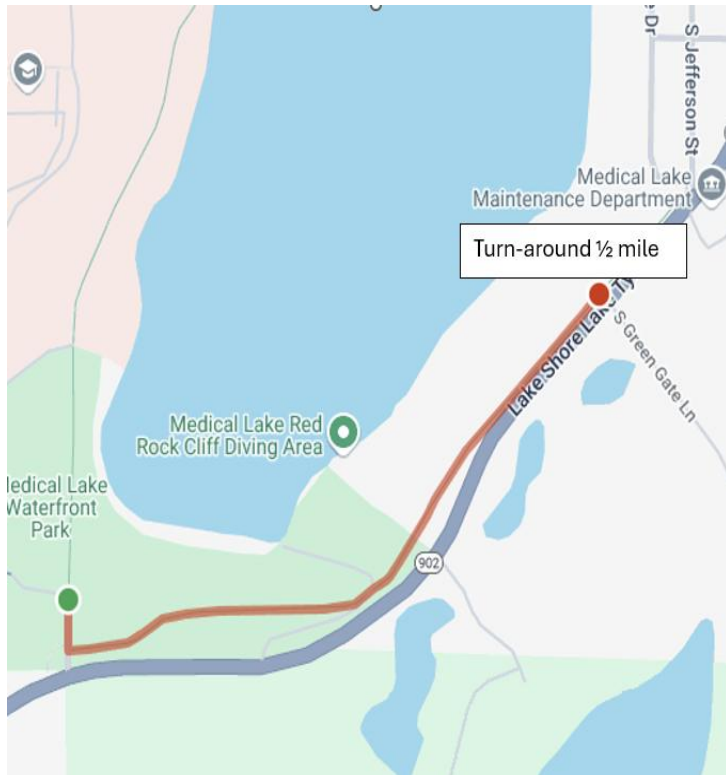
## RUN COURSE

Exit Transition heading south following the Medical Lake run path.

Continue on Jefferson St at about ½ mile continuing for 1 mile.

Water station is at 4<sup>th</sup> street where you will turn left and continue until North Park where you will return to the Medical Lake run path and continue to the finish line.

## Duathlon Course Map



Bike and 2<sup>nd</sup> run see triathlon course map

## 5k Course Map

See Triathlon Run Map

## Duathlon Course

The first run of the duathlon is a 1 mile out-and-back.

You will head south on the Medical Lake Run path to the 1/2 mile mark where a volunteer will direct you to turn around.

Return to transition and proceed onto the bike course following the same course as the Triathlon.

The second run for the duathlon is the same as the run course for the Triathlon.

## 5 K Course

The 5 K course route is the same as the route for the triathlon run.

Proceed along the Medical Lake run path going south, entering Jefferson St at around .7 miles then turning Left onto 4<sup>th</sup> street at the water station and proceeding back on to the Medical Lake run path at North Park and returning to the finish line.