

Course Route:

Swim-

START – Silver Wings Pool
Swim 400 meters (serpentine)

Bike (14 miles)–

START at Silver Wings Pool Parking lot
RIGHT on PHANTOM ST
LEFT on 139th DRIVE
LEFT on MUSTANG Street
RIGHT on BONG LANE
RIGHT on FALCON STREET
CONTINUE STRAIGHT across overpass (becomes THUNDERBIRD)
LEFT on LALOMAI
RIGHT on SIOUX
TURN AROUND in cul-de-sac (1st aid/water station)
LEFT on LALOMAI
RIGHT on THUNDERBIRD
CONTINUE STRAIGHT across overpass (becomes EAGLE STREET)
RIGHT on JERSTAD AVENUE
CONTINUE STRAIGHT as road veers right and ends at stop sign
LEFT on CORSAIR STREET
TURN AROUND in parking lot (1st aid/water station)
STRAIGHT on CORSAIR
RIGHT at stop sign
STRAIGHT on JERSTAD
LEFT on PHANTOM STREET
---REPEAT ROUTE---
END at Silver Wings Pool

Run (5K)-

START at Silver Wings Pool Parking lot
LEFT on PHANTOM ST
LEFT on FIGHTER COUNTRY AVENUE
RIGHT on SUPER SABRE STREET
TURN AROUND at barricades (1st aid/water station)
RIGHT on SUPER SABRE STREET
LEFT on FIGHTER COUNTRY AVENUE
RIGHT on PHANTOM STREET
END at Silver Wings Pool