

Tri-A-Little-Harder Backup courses

In case the weather causes the main course to be undesirable, the following backup course will be used...

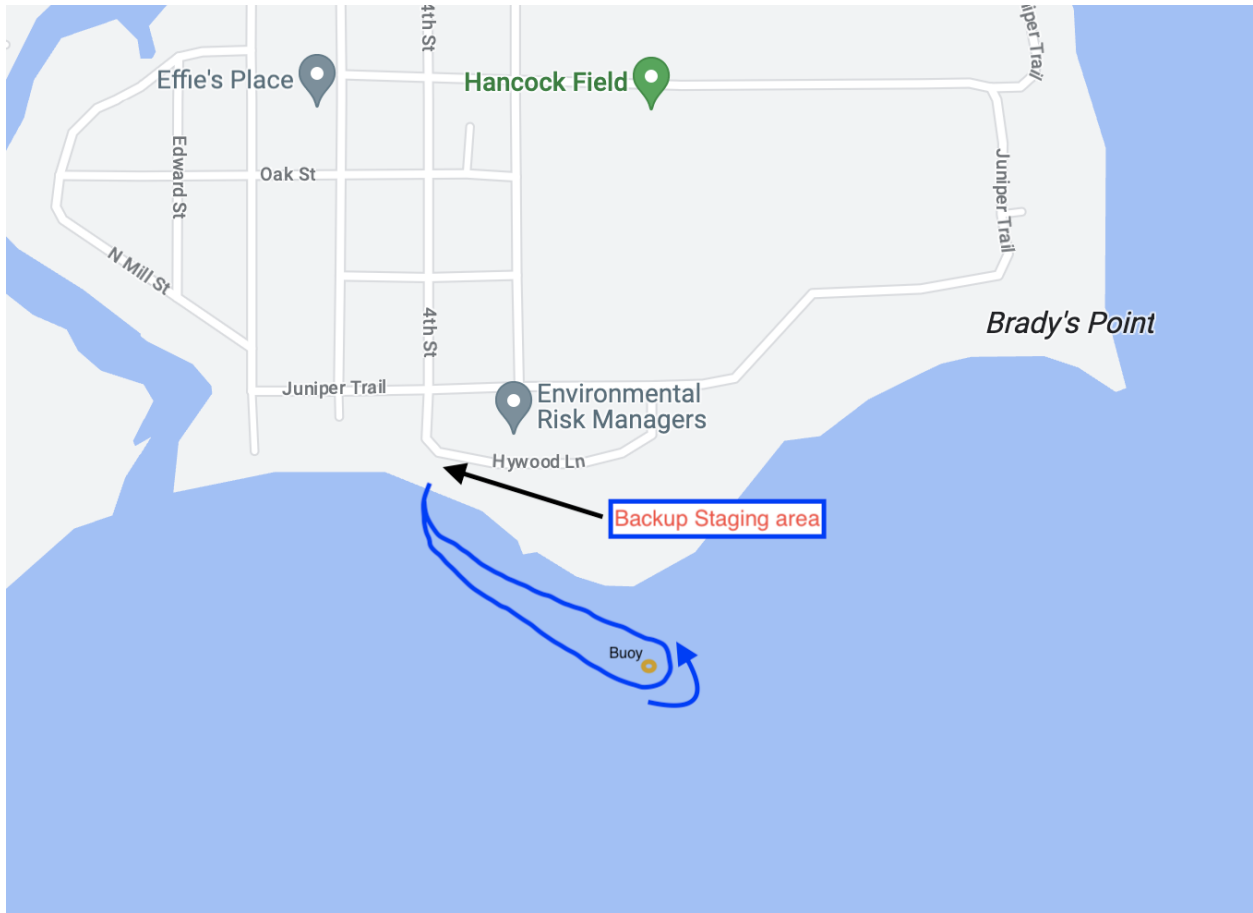
Staging Area:

The backup staging area will be the 4th street public access.



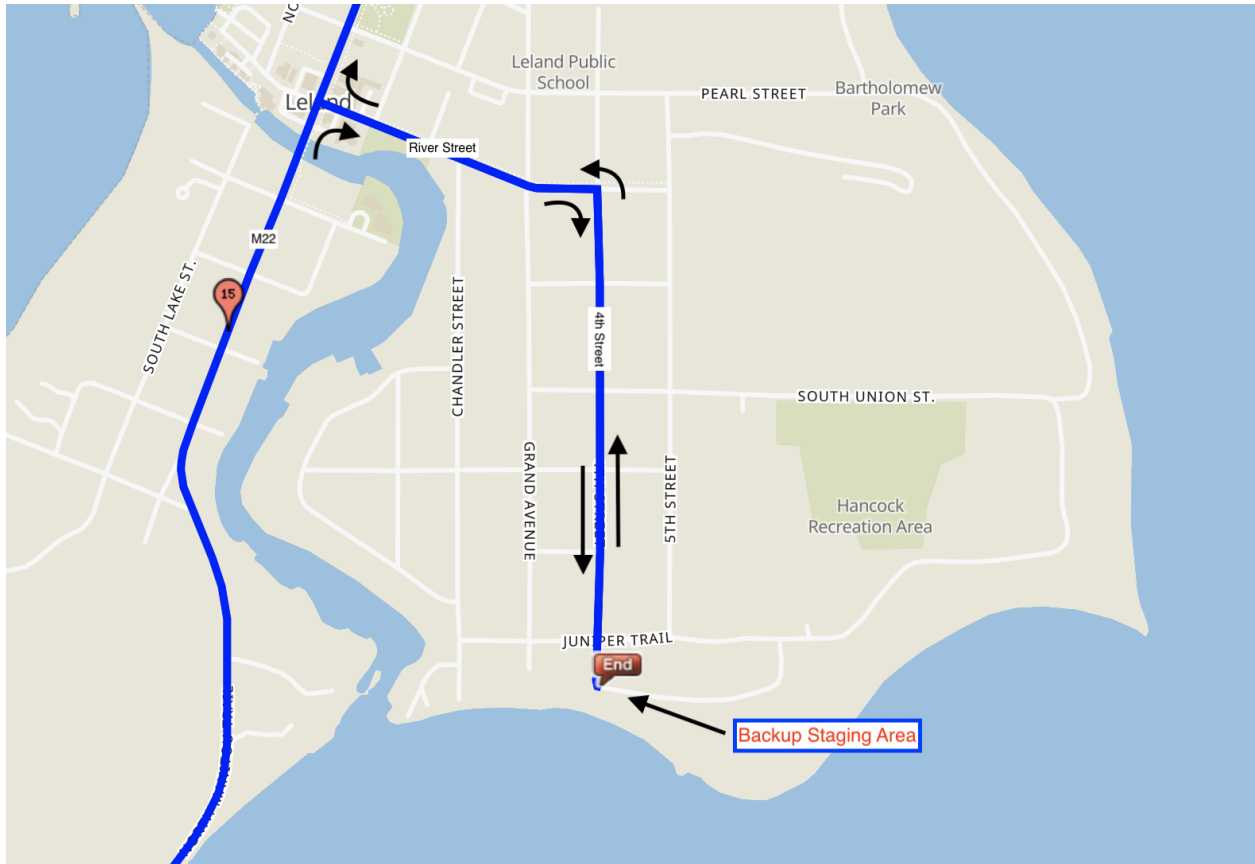
Swim

The swim will be a simple out and back around a buoy. Begin at the backup staging area, swim out to the buoy, turn left around it and swim back.



Bike

Proceed from the staging area north on 4th Street. Turn left onto River Street, then turn right onto M22. Ride around the lake clockwise just like the normal course. Return to the staging area using the same route in reverse.



Run

The run will take you along the same path as the normal course, you just start in the middle instead of on the far end. Start at the backup staging area, then follow the signage and volunteers along the path indicated below to turnaround #1, then to turnaround #2, and then back to the staging area to finish.

