



Course Options
0.5 Mile | 1 Mile | 2 Mile | 5k

Double Oak Lake
Oak Mountain State Park



Parking



Check In | Refreshments | Awards



Swim Start & Finish



0.5 Mile



1 Mile & 2 Mile
(2 Mile Distance is 2 Laps of 1 Mile)



Add on for 5k
(5k is 2 Laps of 1 Mile Course & Extension)