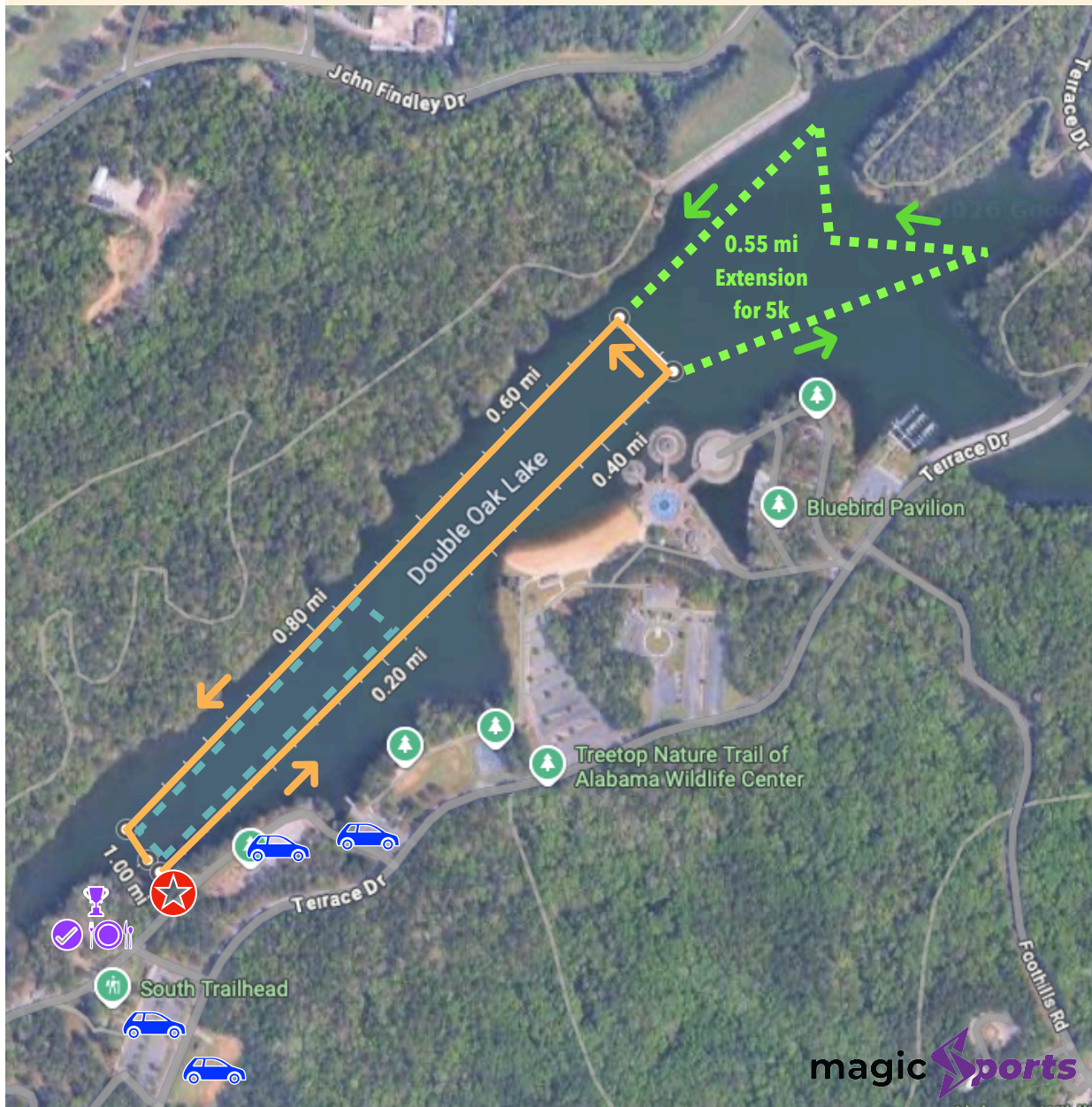


Course Options  
0.5 Mile | 1 Mile | 2 Mile | 5k



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)