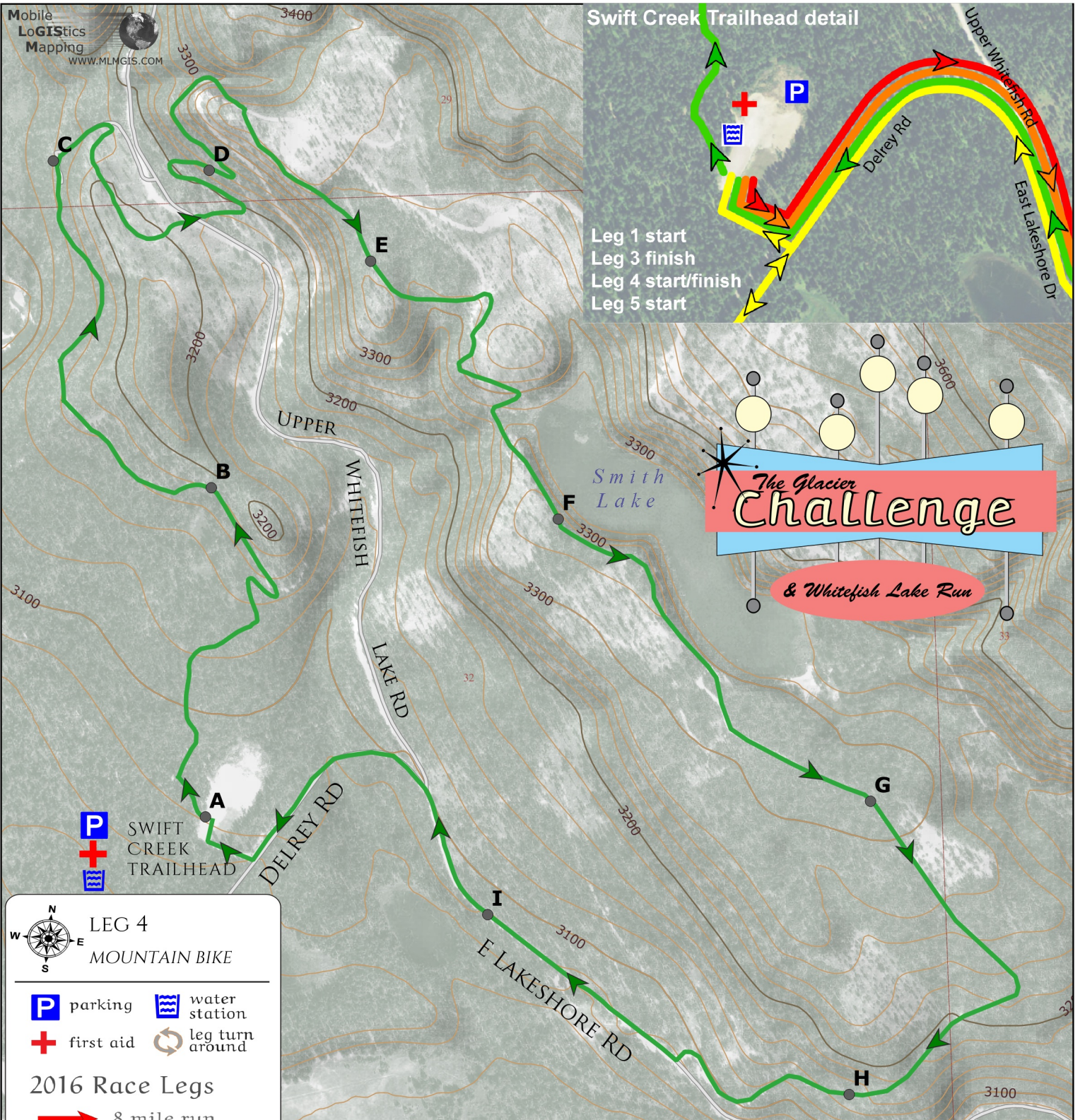
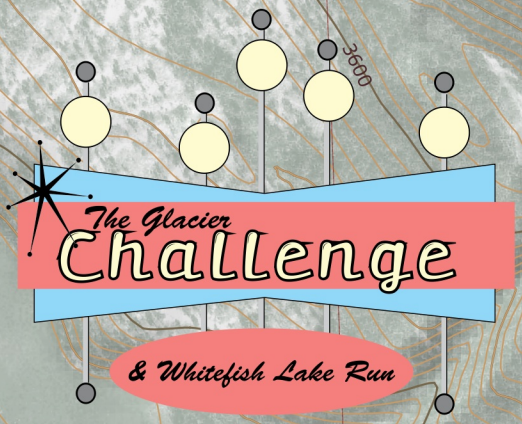


Swift Creek Trailhead detail

Leg 1 start
Leg 3 finish
Leg 4 start/finish
Leg 5 start



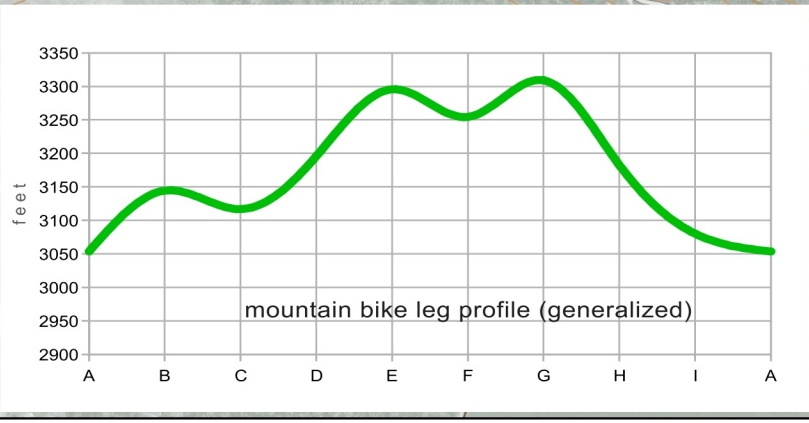
LEG 4
MOUNTAIN BIKE

P parking water station
+ first aid leg turn around

2016 Race Legs

- 8 mile run
- kayak
- road bike no.1
- mountain bike
- road bike no.2
- canoe
- 5K run

0 0.1 0.2 0.3 km
 0 0.1 0.2 mi
 1:9,000



MOUNTAIN BIKE (8 MILES)

Two clockwise loops starting at Swift Creek trailhead. Single track will bring you to Smith Lake. Then follow dirt road back down to East Lakeshore drive.

You will continue back to Swift Creek trailhead by road before repeating the route.

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