



SWIMRUN LAKE JAMES

Course Map and Distance

Location	Running (miles)	Swimming (yards)
<u>START</u> - Paddy's Creek - unmarked trail	1.95	
Unmarked trail – Paddy's Creek Trail		800
Paddy's Creek Trail	.30	
Short swim back to Paddy's Creek Trail		50
Paddy's Creek Trail – Beach Area	.08	
Beach Area – OV Trail		700
OV Trail – Unmarked Service Road	.55	
Unmarked Service Road – Paddy's Creek Trail		300
CUT OFF # 1 – 2:30 hours @ Homestead Trail / Park Road Intersection (this cut-off is during the long run)		
Paddy's Creek Trail – Homestead Trail – Lower Tindo Loop Trail – Unmarked Service Road	7.70	
CUT OFF # 2 – 4:30 hours @ Aid Station 2 /Long Arm Service Road (this cut-off is a littler before the long swim)		
Unmarked Service Road – Long Island		1600
Long Island	.08	
Long Island – Middle Island		450
Middle Island	.05	
Middle Island – BBQ Island		350
BBQ Island	.05	
BBQ Island – Long Arm Campsite #3		50
Long Arm Campsite #3 – Long Arm Campsite #2	.42	
Long Arm Campsite #2 – Unmarked trail		125
Unmarked Trail	.05	
Unmarked Beach – Unmarked Trail		175
Unmarked Trail – Unmarked Service Road – Long Arm Campsite #1	1.30	
CUT OFF # 3 – 6:30 hours @ end of run just before last long swim		
Long Arm Campsite #1 – Half Mile Island		1300
Half Mile Island	.45	
Half Mile Island – Unmarked Trail		200
Unmarked Trail	.05	
Unmarked Trail – Park Service Boat Ramp		100
Park Service Boat Ramp - <u>FINISH</u>	.06	
TOTAL	13.1	6200

