THE DAM TRI
Swim Course (1000 mters)

Swim Start / Finish

THE DAM TRI
Lake Murray Public Park

BIKE COURSE
(2 Laps - 21 miles)

Weed

N Lake Dr / Hwy 6

Lake Murray Blvd

8.4

Bush River Road

LAKE MURRAY

Race Site
Lake Murray
Public Park

End Lap 1 / Begin Lap 2
at Main Gate to Park.
End Lap 2 with Right into
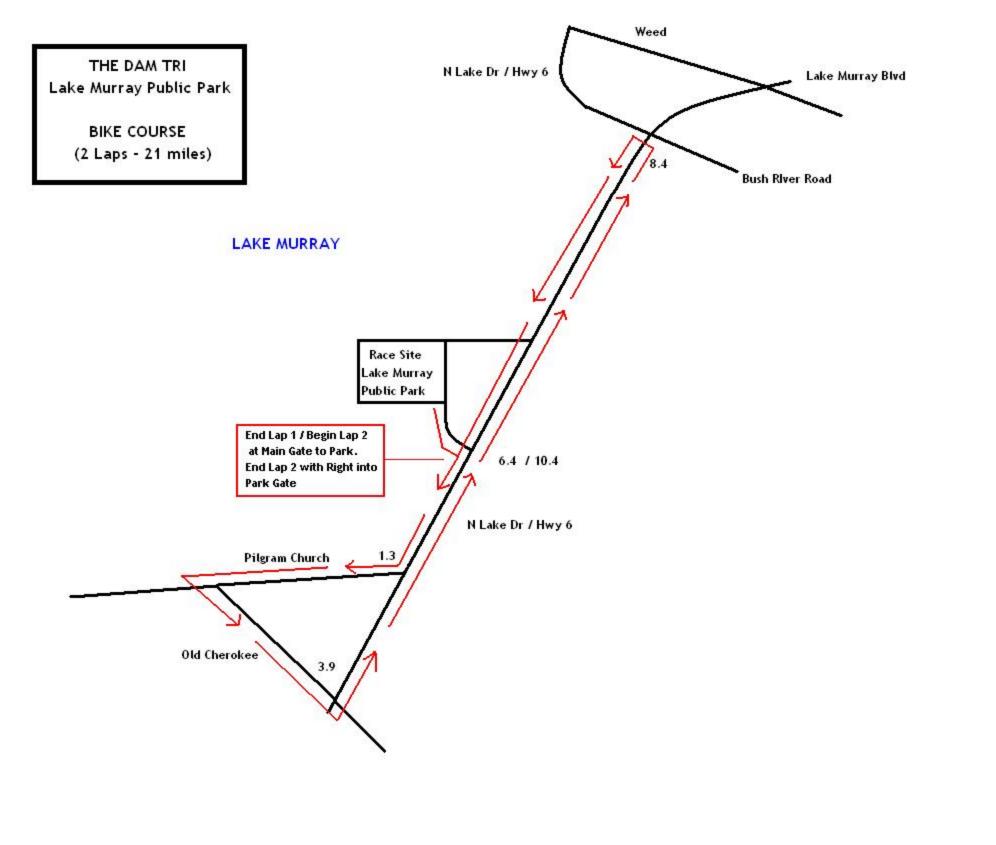Park Gate

6.4 / 10.4

N Lake Dr / Hwy 6

Pilgram Church

1.3

Old Cherokee

3.9

THE DAM TRI

Run Course - 7km

Run Course is a simple out and back along the running path on the dam. Runners will hit the dam path (fenced from traffic) at mile 0.2 and run out to the turn around just before the boat landing on the North side of the dam.