

600m SWIM

- Clockwise swim in the Muskrat Bay

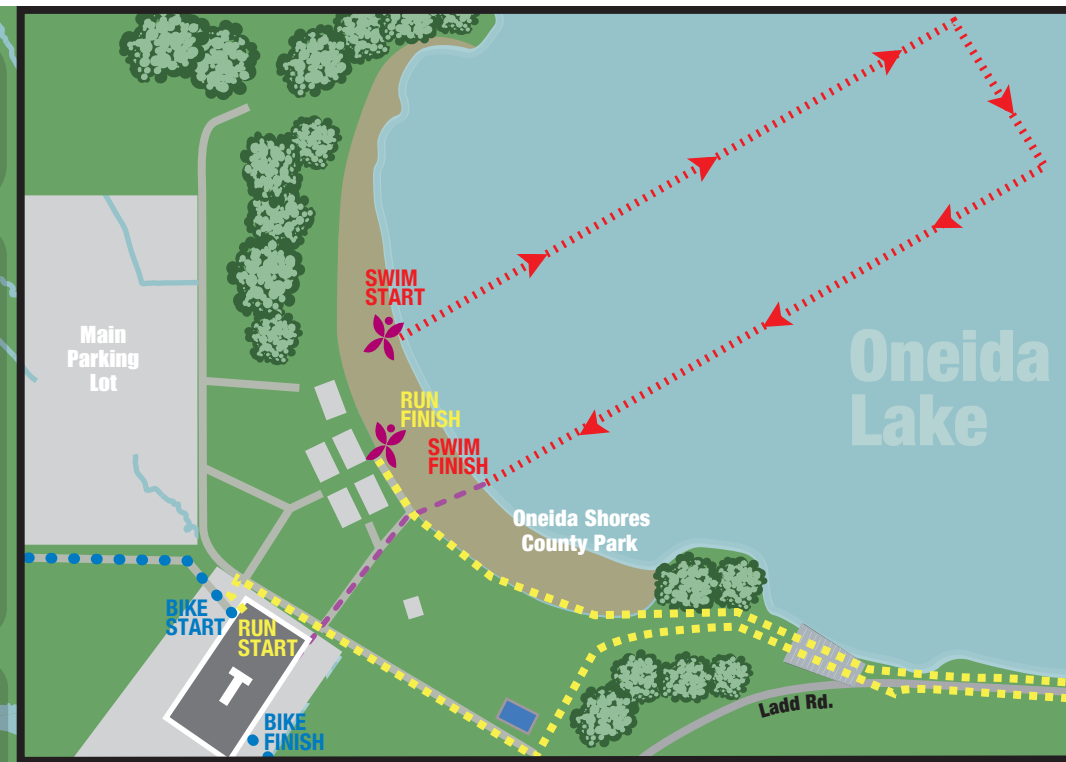
BIKE COURSE

- From transition, head out of the main parking lot towards the main entrance of the park.
- Turn left onto Bartell Road.
- Turn right onto Ladd Road
- Turn right on Mudd Mill Road
- Turn right on Caughdenoy Road
- Turn left on Black Creek Road
- Turn right on Caughdenoy Road
- Turn left on Mudd Mill Road
- Turn Left on Ladd Road
- Turn left on Oneida Shores bike path and return to transition area

5K RUN

- From transition, make a U-turn and head towards the Blue Shelter.
- Proceed around the Blue Shelter towards parking lot leading to Muskrat Bay Rd.
- Stay on Muskrat Bay Road and keep to the right for 1.5 miles to the turnaround.
- At the turnaround keep right and head back to the park.

 START/FINISH  WATER



SYRACUSE
TRIATHLON

To Syracuse

Iron Girl