







SEE SHEET 3/3 FOR COMPLETE BIKE ROUTE

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ADULT DUATHLON EVENT

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RUN₁ 2.2 MILE AROUND LAKE 
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BIKE 11.8 MILES 
 - STAY LEFT ON BIKE AROUND LAKE
 - OTHER ROADS OPEN TO TRAFFIC (STAY RIGHT) 
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RUN₂ 3.1 MILES AROUND THE LAKE WITH 1/2 MILE OUT-AND-BACK TO TOWER PARK (STAY RIGHT ON RUN AROUND BALDWIN LAKE, LEFT ON OUT-AND-BACK) 