

### SWIM COURSE

This map shows the Sprint distance swim (500 meters) as well as the Olympic distance (1500 meters) and 70 (1.2 miles.) All courses will share a start and finish, with varying turn points. The 100 swim is 2 laps of the Olympic course.

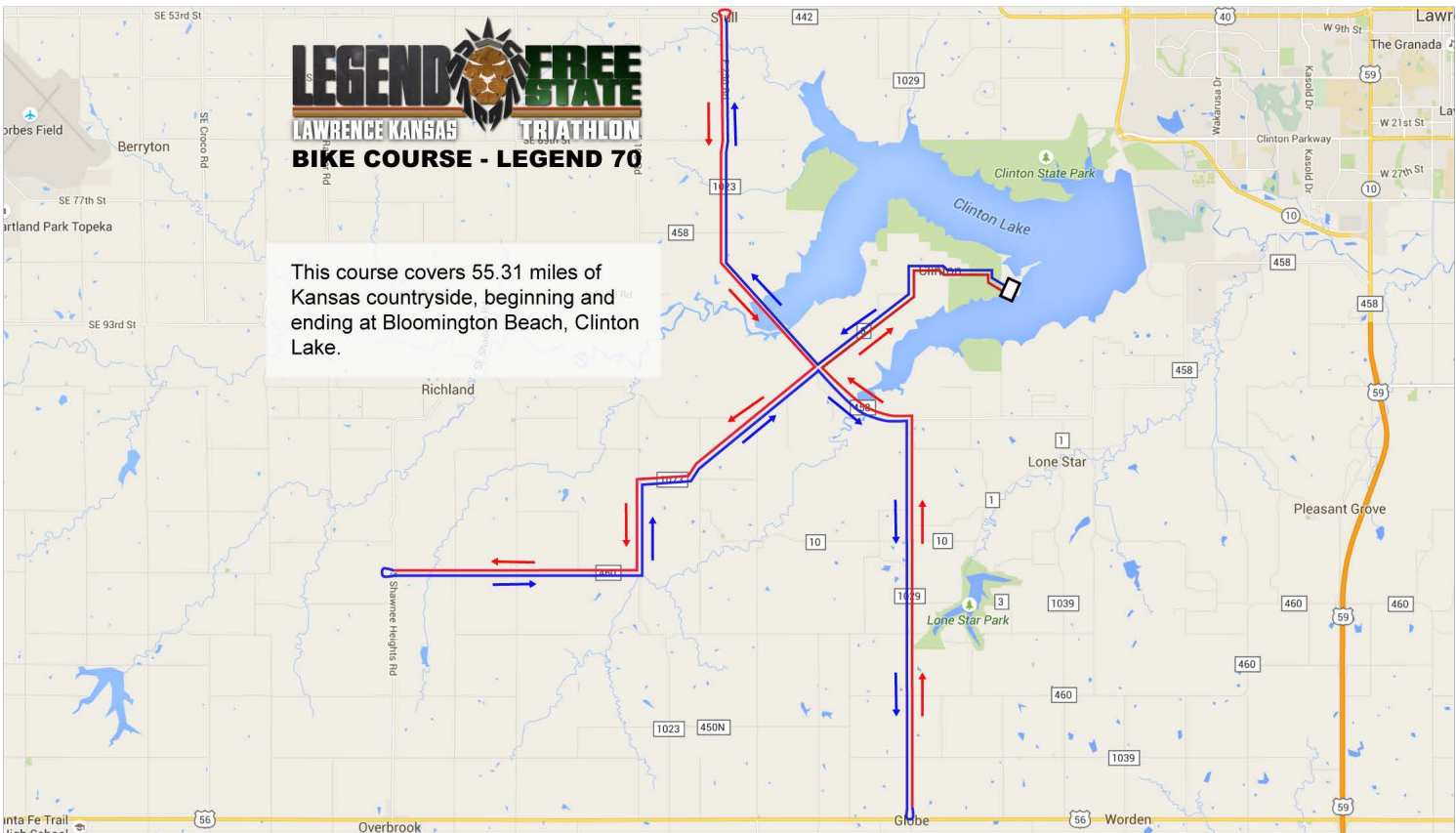


# LEGEND FREE STATE TRIATHLON

## LAWRENCE KANSAS TRIATHLON

### BIKE COURSE - LEGEND 70

This course covers 55.31 miles of Kansas countryside, beginning and ending at Bloomington Beach, Clinton Lake.



6

N 1190 Rd Bloomington East

6



### RUN MAP - 70 Distance

N 1190 Rd

6

Wakarusa River Valley Heritage Museum

N 1182 Rd

Transition

Bloomington Public Use Area

Hickory Campground

This map shows the 70 and 100 distance run (13.1 miles.) Athletes will complete 4 laps of the course.

N 1182 Rd

N 1182 Rd

N 1182 Rd