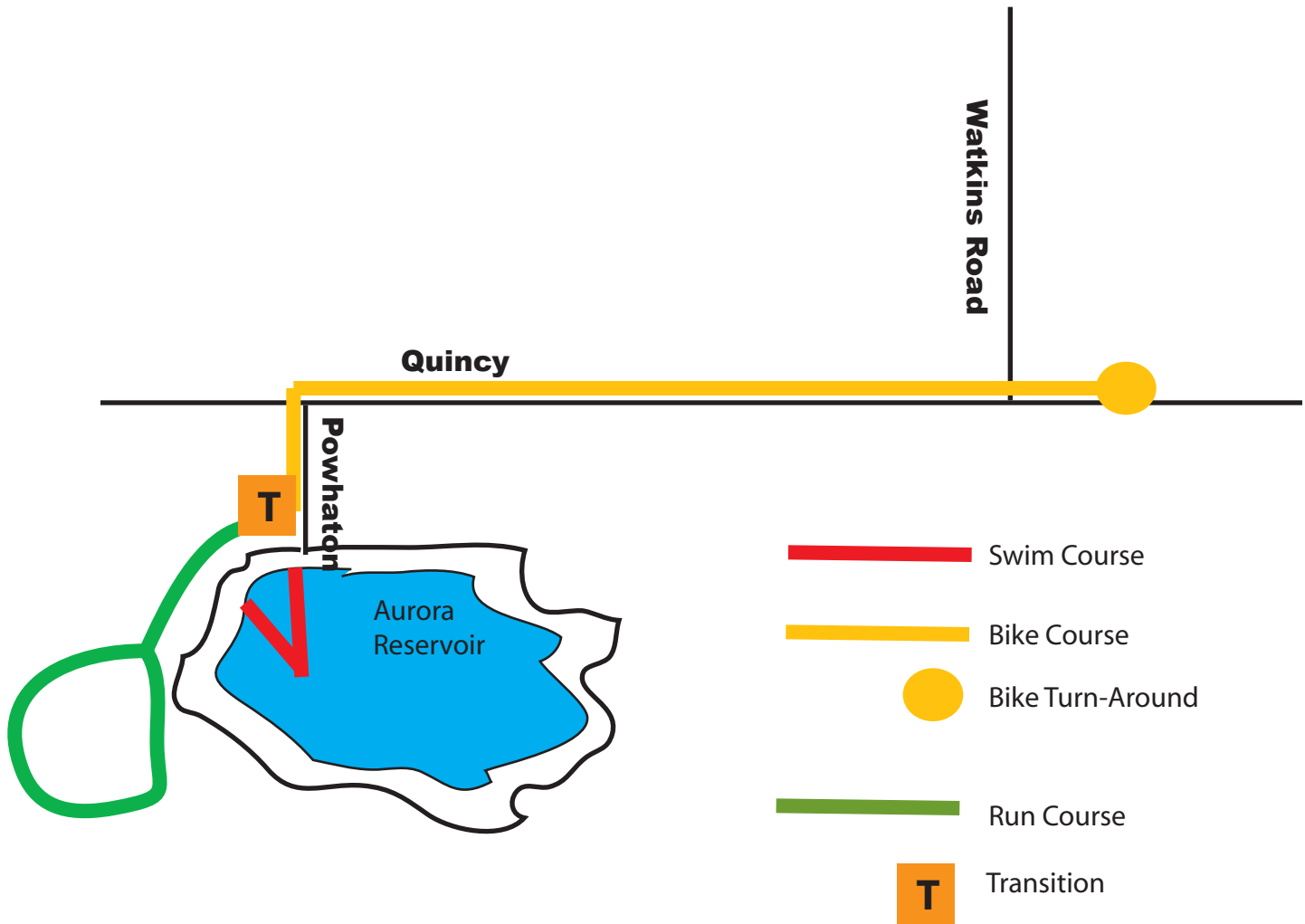


# My Way or the Tri Way Course Map



**Swim Course:** From Transition, you will run down the bike path and across the beach. the course is a triangle shaped route.

**Bike Course:** You will leave the park via the main entrance road, and turn right (east) on Quincy. The course will go out 7 miles to a turn-around point, and return via the same route.

**Run Course:** The run course will leave transition, and go out approximately 1/2 mile on the paved bike path. You will complete a rolling loop on a mix of paved and gravel paths, returning to the transition area. See detailed run course map for a better view of the route.

**Finish:** Upon completing your third and final event you will return to transition, then exit transition and run approximately 200 meters to our new finish line located at the Pikes Peak picnic shelter, where food and drink await!