

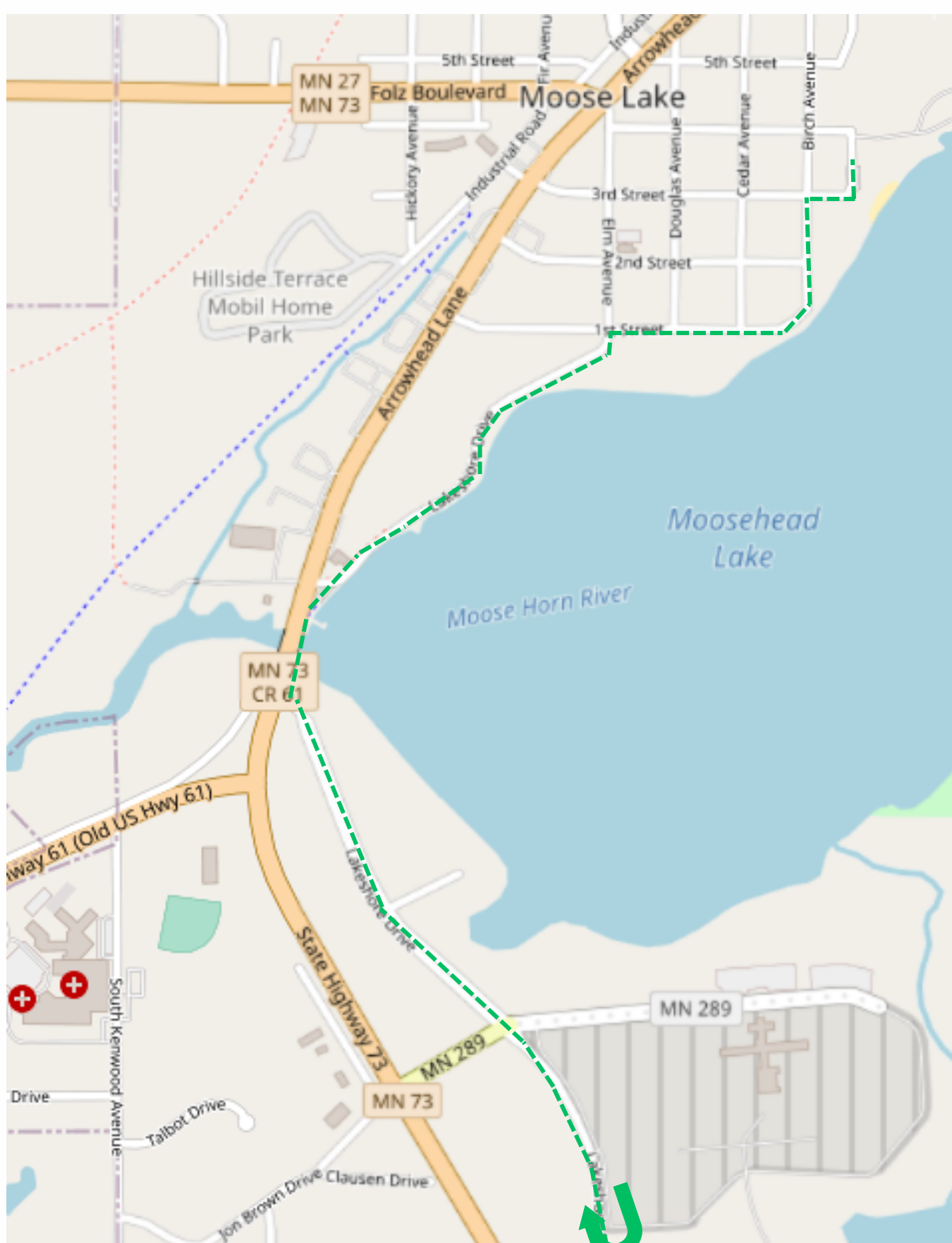
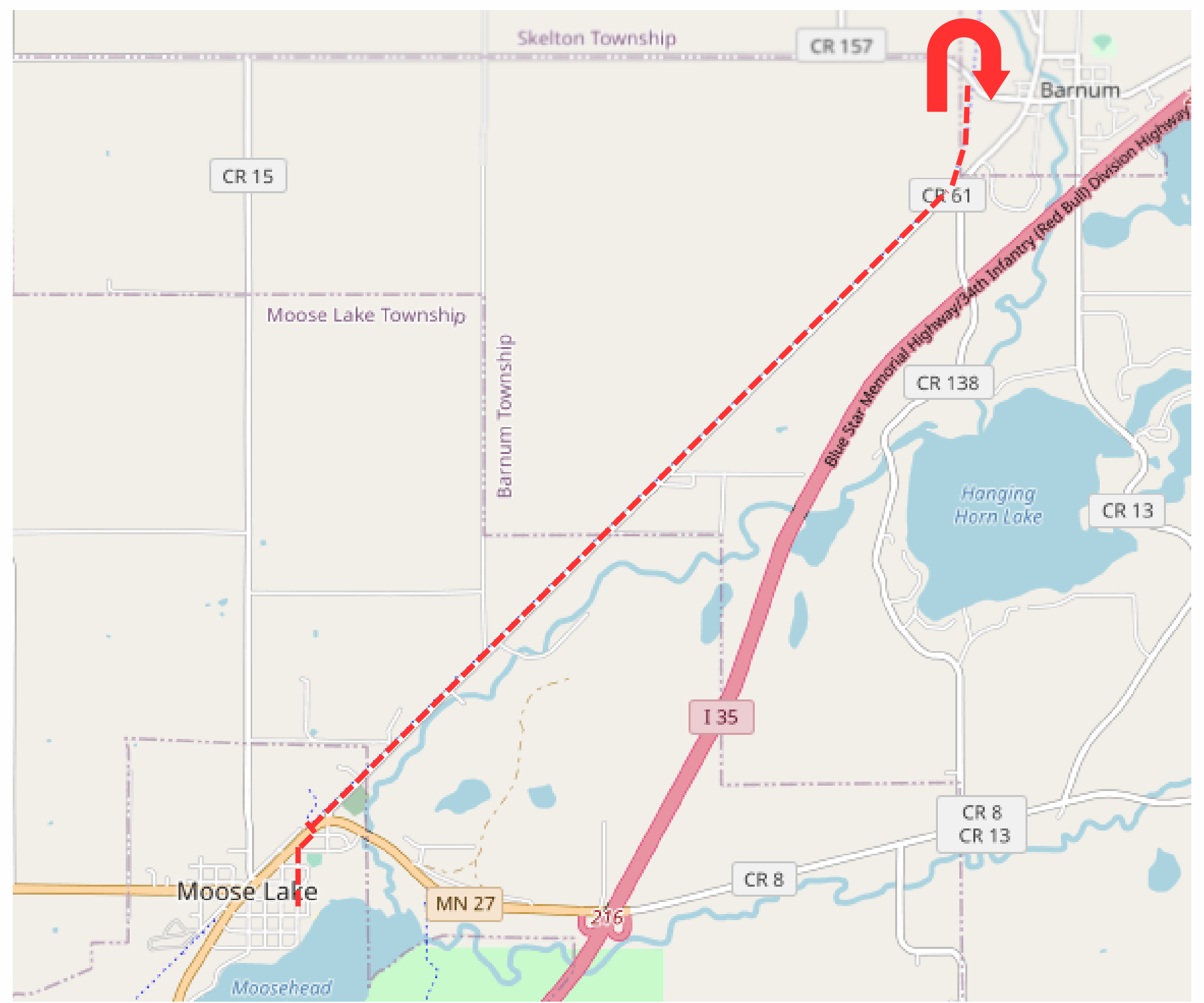
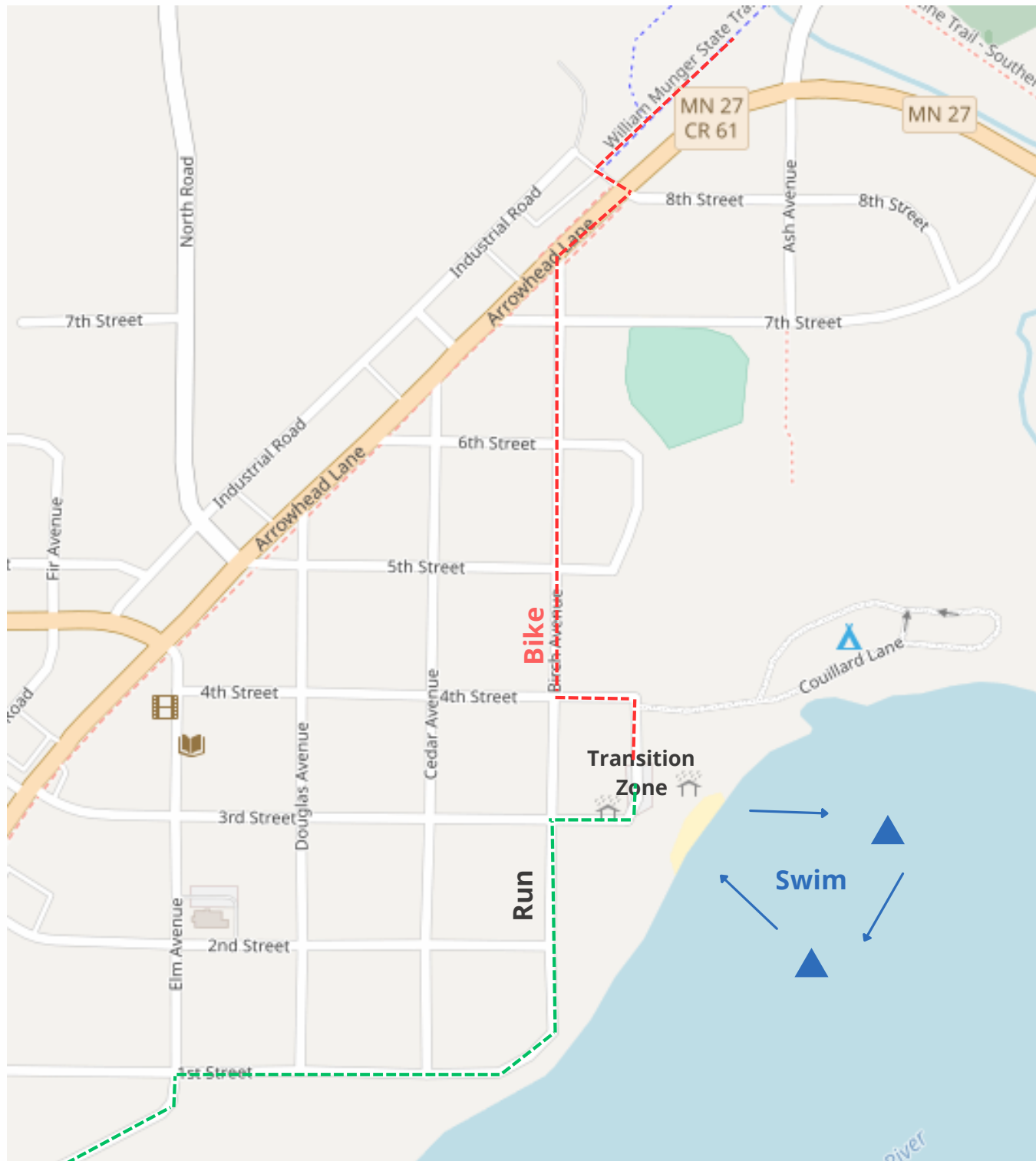


Moose Lake Triathlon

SWIM  **.4 Miles**

BIKE  **9.3 Miles**

RUN  **3.1 Miles**



SWIM:

- The swim is held at the Moose Lake City Beach and conducted in a triangular pattern.

BIKE:

- Exit the transition zone heading North. Take the first left onto Couillard Ln and then a right onto Birch Ave.
- Take right onto Arrowhead Ln and follow the shoulder on the right side of the road.
- Cross Arrowhead Ln at 8th Street and enter the Willard Munger State Trail.
- Head North to Barnum, MN on the bike trail.
- At Barnum, make a u-turn and follow the route back to the Moose Lake City Park

RUN:

- Head South out of the transition zone.
- Turn right onto 3rd Street heading West.
- Turn left onto Birch Ave. Birch Ave turns right onto 1st Street.
- Turn left onto Lakeshore Drive and follow the road until the turnaround point.
- Follow the route back to the Moose Lake City Park.

Finish Line is on Birch Street South of 3rd Street.