





SPRINT

TRANSITION & SWIM COURSE

750 METERS

-  TRANSITION AREA
-  STAFF, VOLUNTEER, INFORMATION, POST-RACE FOOD
-  BODY MARKING, GEAR CHECK, CHIP PICKUP
-  SWIM COURSE



BROUGHT TO YOU BY





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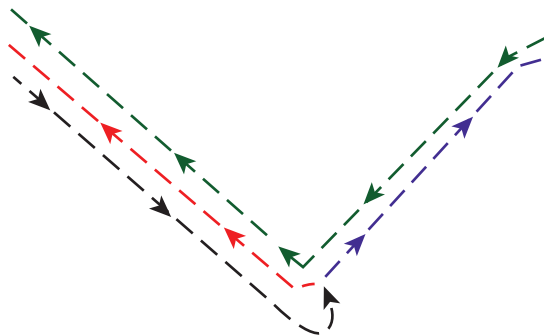
Precision Multisport



SPRINT BIKE COURSE 12 MILES

RIDERS MUST ALWAYS RIDE ON THE RIGHT SIDE OF THE ROAD.

*Detail of Sheridan Rd. Turnaround:



- BEGINNING LAP 1, TAKE A RIGHT ONTO SHERIDAN RD, STAY RIGHT
- AFTER LAP 1 RETURN TO COURSE, STAY TO CENTER OF ROAD, MERGE
- AFTER LAP 2 TURN RIGHT AFTER TURNAROUND, BACK INTO PARK





North Shore
TRIATHLON
2022

BROUGHT TO YOU BY

Precision Multisport

**SPRINT
RUN COURSE
5 KILOMETERS**

Harbor Drive to Michigan Ave to Sheridan Rd
 Left on Sheridan Rd to turnaround point
 Sheridan Rd to left onto Central Ave to turnaround point
 Right onto Sheridan Rd
 Left into Gilson Park on Michigan Ave
 Right onto Harbor Drive
 Left onto Middle Drive to FINISH