





SUPER SPRINT

TRANSITION & SWIM COURSE

250 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



SUPER SPRINT BIKE COURSE 6 MILES

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

*RIDERS WILL EXIT GILLSON PARK TURN RIGHT (NORTH) ON SHERIDAN RD
TURN LEFT (WEST) ON WINNETKA AVE
TURN RIGHT (NORTH) ON WILSON RD
TURNAROUND AT WILLOW RD
REVERSE COURSE BACK TO GILLSON PARK AND TRANSITION*





BROUGHT TO YOU BY



SUPER SPRINT
RUN COURSE
2.5 KILOMETERS

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

SHERIDAN RD

MICHIGAN AVE

CENTRAL AVE

LINDEN AVE

MAPLE AVE

ISABELLE ST

FINISH

MIDDLE DRIVE

AID STATION

HARBOR DRIVE

