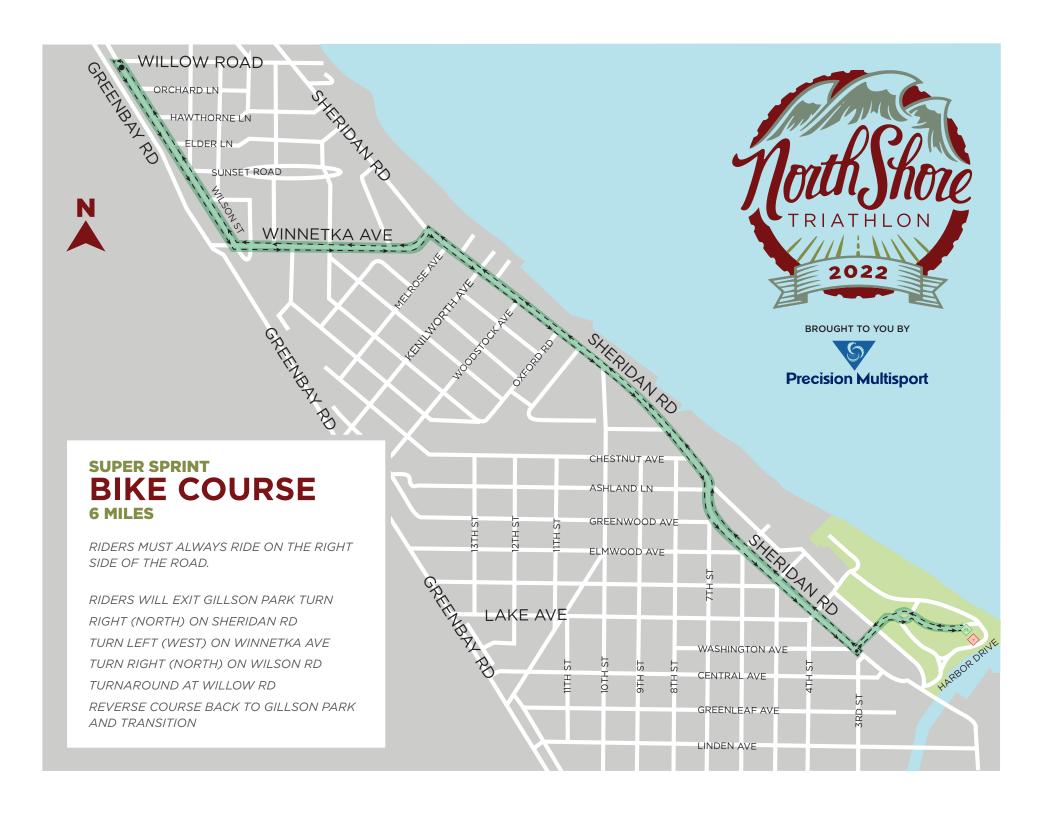
TRANSITION & SWIM COURSE

250 METERS

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









CENTRAL AVE

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

LINDEN AVE

MAPLE AVE

ISABELLE ST