

# **IN THE DIRT off-road triathlon Lake Perris**

## **Course maps**

**SWIM** the swim course is a ½ mile out and back rectangular course marked by **YELLOW BUOYS**

**BIKE** the bike course will be 2 loops (GPS map is 1 loop you will do 2 loops)

**GPS map link** [http://www.geoladders.com/gps\\_route\\_racer.php?route\\_id=32598](http://www.geoladders.com/gps_route_racer.php?route_id=32598)

The bike course will be marked by **BLUE ARROWS**

**RUN** the run course will be an out and back 4 mile run with some paved sections, some sandy sections and dirt trails also you will pass through the "rock garden" twice

The run course will be marked with **RED ARROWS**