

IN THE DIRT TRI Vail Lake

Course maps

Swim course:

Will be a ½ mile triangular course with 5 1/2 ft yellow buoy markers at the corners

Bike Course:

Click on link http://www.geoladders.com/gps_route_racer.php?route_id=29166

Run Course:

Click on link http://www.geoladders.com/gps_route_racer.php?route_id=29192

NOTE: both the bike and run routes were done on a motorcycle with GPS