



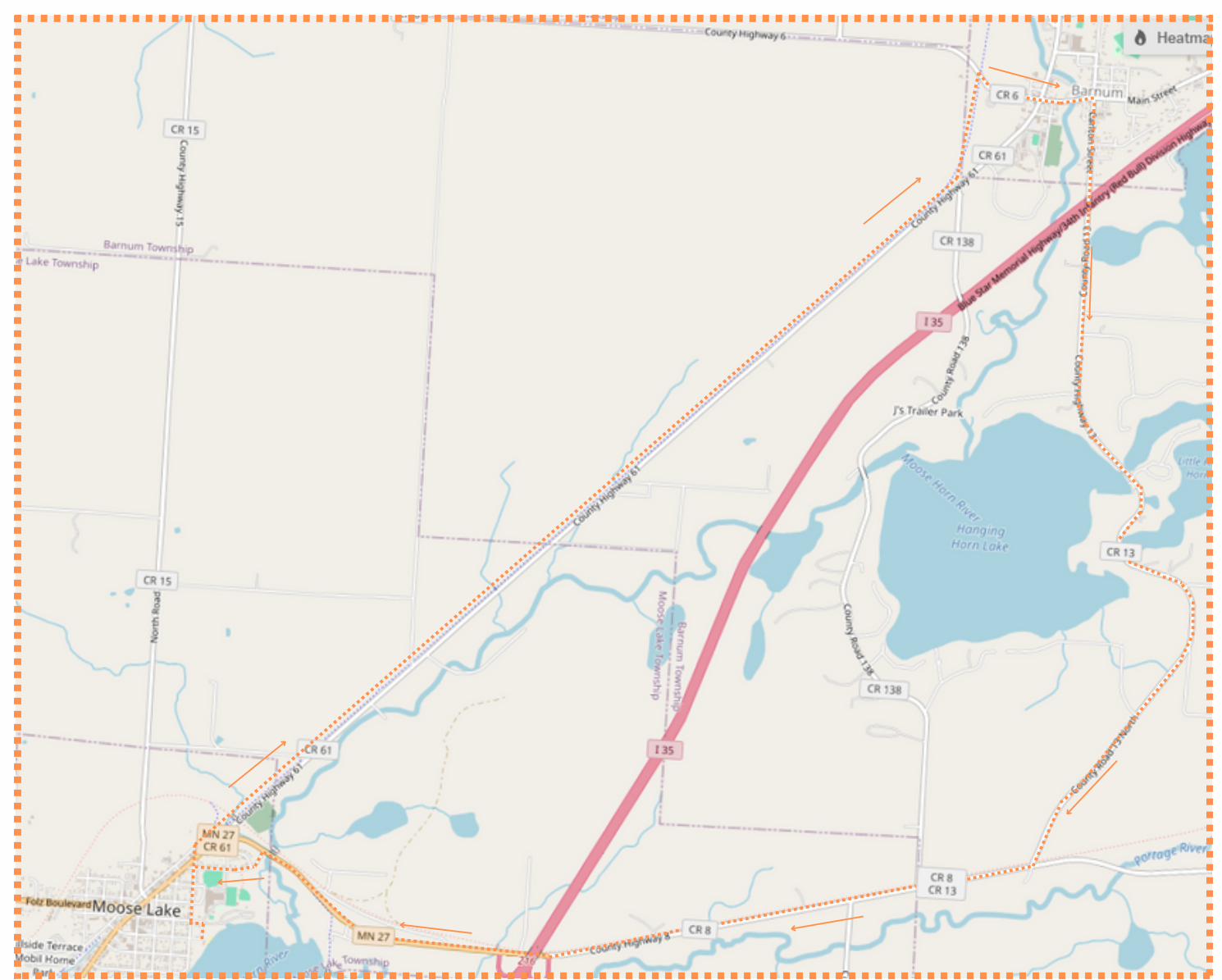
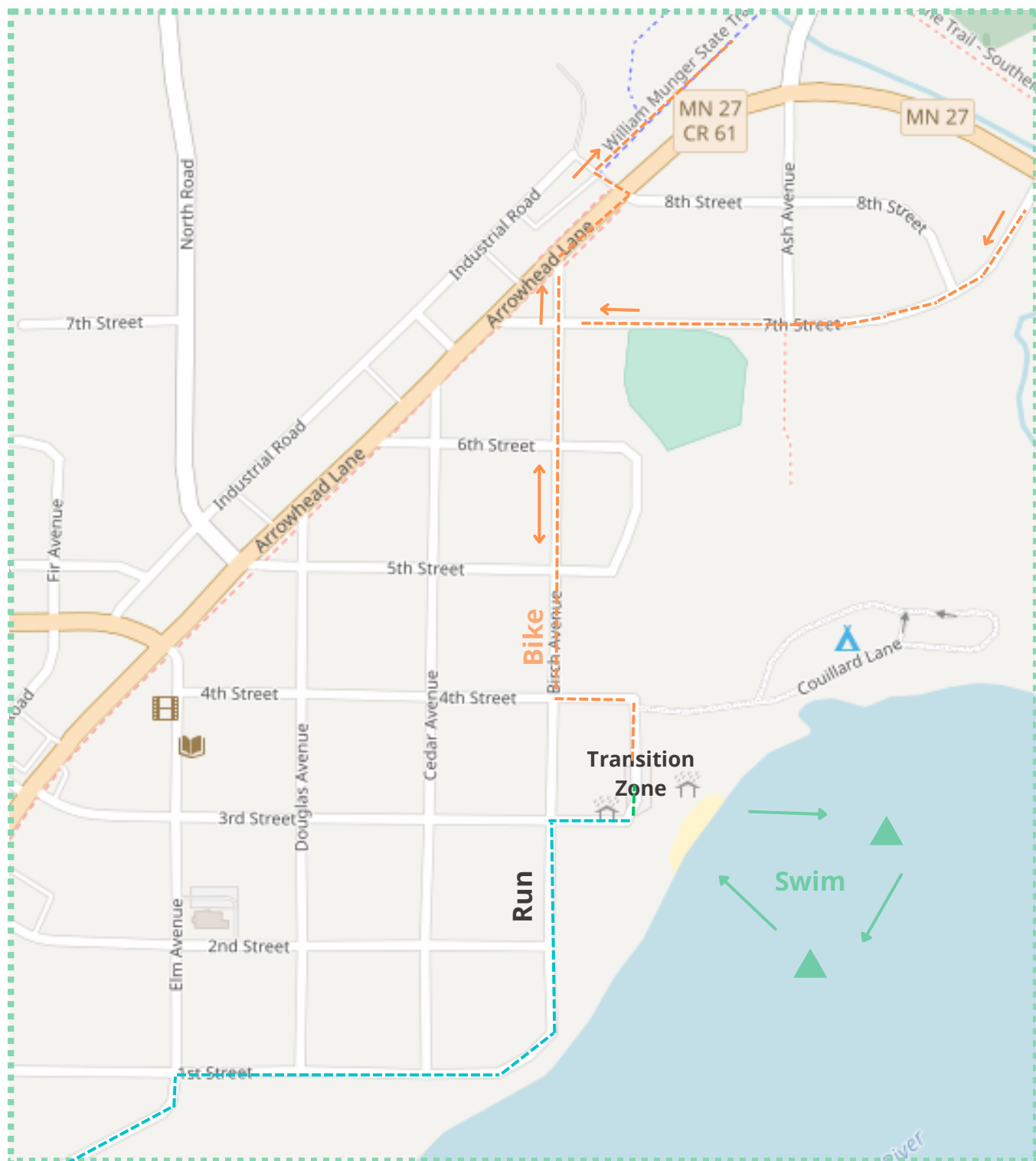
# Moose Lake Triathlon



Swim  700 Yds

Bike  12.5 miles

Run  3.1 miles



## SWIM:

- The swim is held at the Moose Lake City Beach and conducted in a triangular pattern.

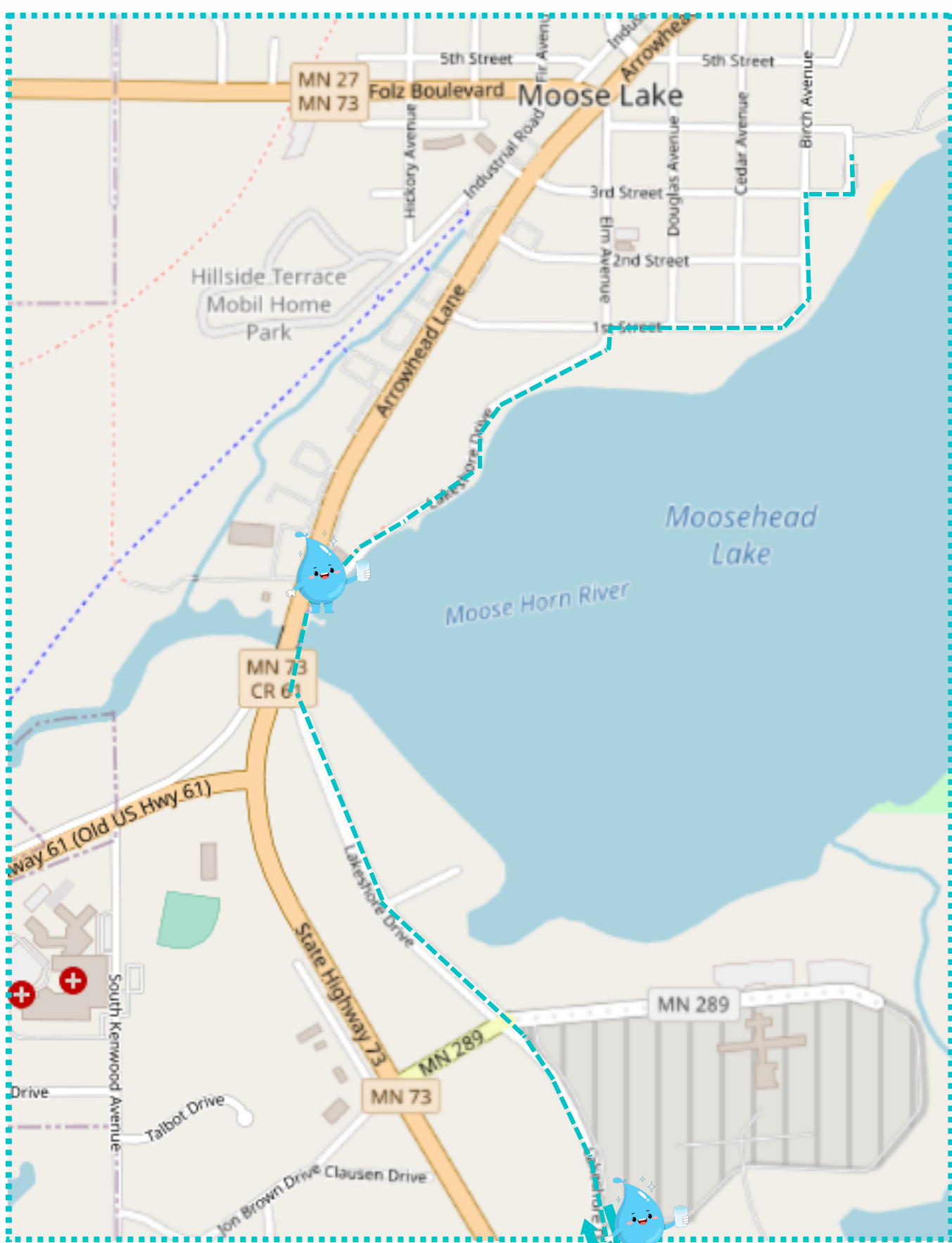
## BIKE:

- Exit the transition zone heading North. Take the first left onto Couillard Ln and then a right onto Birch Ave.
- Take right onto Arrowhead Ln and follow the shoulder on the right side of the road.
- Cross Arrowhead Ln at 8th Street and enter the Willard Mungler State Trail.
- Head North to Barnum, MN on the bike trail.
- At Barnum, MN turn right onto County Rd 6 and head East.
- Turn right onto County Rd 13 and head South. (WARNING: there is a steep downhill as you transition turn onto County Rd 8.)
- Turn right onto County Rd 8 and head West. County Rd 8 turns into Hwy 27.
- Turn left at 7th Street and head back into the City of Moose Lake.
- Turn right onto Birch Street heading South.
- Turn left onto Couillard Ln and a final right turn into the transition zone.

## RUN:

- Head South out of the transition zone.
- Turn right onto 3rd Street heading West.
- Turn left onto Birch Ave. Birch Ave turns right onto 1st Street.
- Turn left onto Lakeshore Drive and follow the road until the turnaround point.
- Follow the route back to the Moose Lake City Park.

Finish Line is on Birch Street South of 3rd Street.



 Water Stations