

Tri-Ath-Loon Course Description (Sprint)

Sunday June 5, 2016

Location: YMCA Camp Huckins, 17 Camp Huckins Rd, Freedom, NH 03836

Swim – 1/3 mile fresh water swim on Lake Ossipee (Broad Bay)

Bike – 10.5 miles on camp property, Huckins Road and Ossipee Lake Rd

The route is flat out and back (See map for details)

Run – 5K (flat/small inclines) (see map for details)