



### ADULT EVENT

- SWIM .32 MILE** (DU: RUN 2.2 MILE AROUND LAKE)
- BIKE 11.8 MILES**
  - STAY LEFT ON BIKE AROUND LAKE
  - OTHER ROADS OPEN TO TRAFFIC (STAY RIGHT)
- RUN 3.1 MILES AROUND THE LAKE WITH 1/2 MILE OUT-AND-BACK TO TOWER PARK (STAY RIGHT ON RUN AROUND BALDWIN LAKE, LEFT ON OUT-AND-BACK)**