

.9 run from parking lot to first Peninsula on Townsend Trail

750 yard swim across lake Lake Townsend onto King Fisher at trail clearing.

1.2 mile run on King Fisher West

Swim: 600 yard swim

Run: .3 mile run

Swim: 150 yard swim

Run: .9 mile run

Swim: 500 yards

Run: 1.8 mile run

Swim: 600 yard swim

Run: 1.4 mile run

Total Swim: 2600 yard swim

Total Run: 6.5 Miles