.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**