

.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

600 yard swim across Townsend to Townsend Trail

.3 miles run on Townsend to powerline opening

150 yard swim across Bay

1.1 mile run to powerline clearing to peninsula

500 yard swim across to Blue Heron Trail

1.1 mile Run West on Blue Heron

550 yard swim from Blue Heron to Penninsula Trail

1.2 mile run from Penninsula onto Osprey

150 yard swim across Peninsula on Osprey

.8 mile run on Osprey East.

800 yard swim under bridge from Osprey onto King Fisher Trail

1.7 mile run East on King Fisher

750 yard swim across King Fisher to Townsend

.9 mile run to Finish

**Run Total: 9.2 miles**

**Swim Total: 4250 yards**