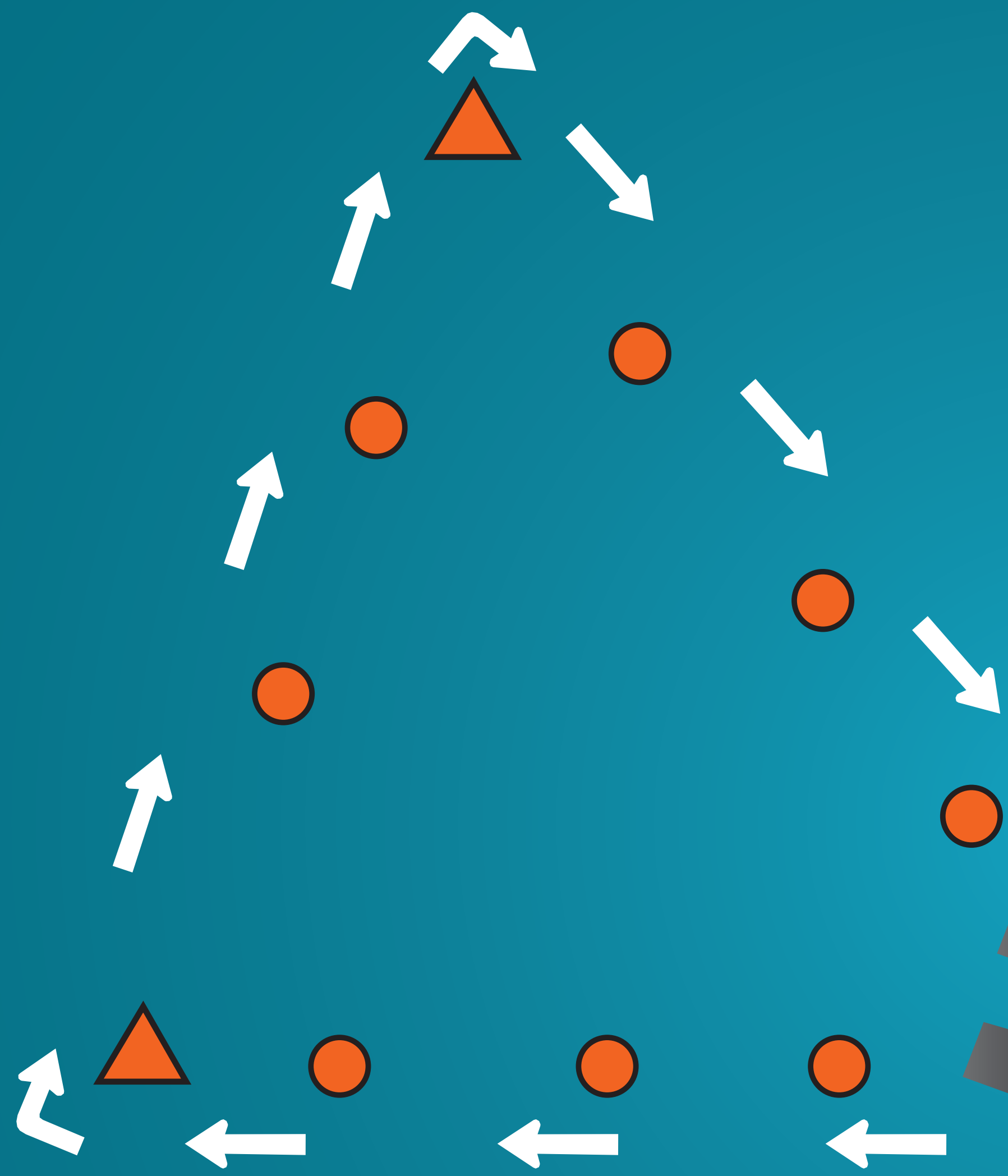


Swim Course



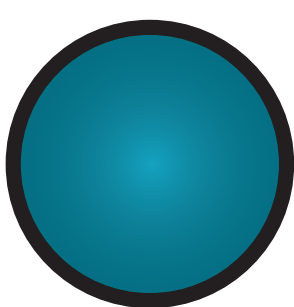



**Belews Lake Triathlon
750 Meter Swim**

Transition Area

Carolina Marina

NC-1176

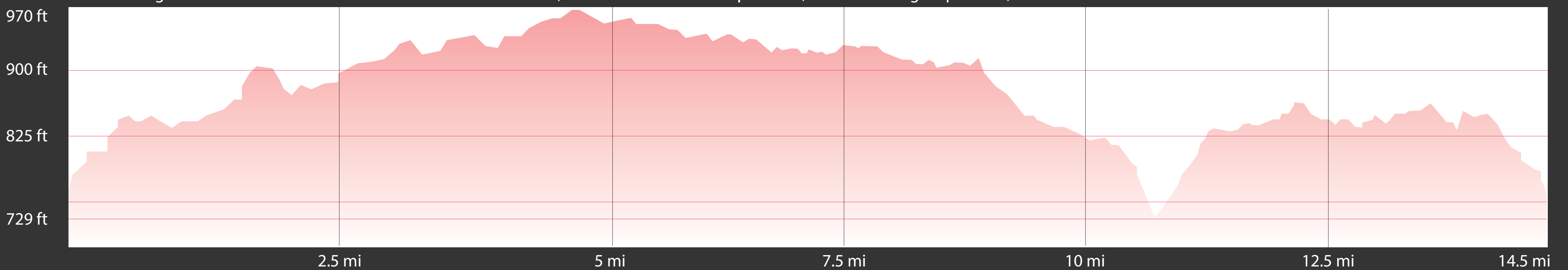
-  **START**
-  **FINISH**
-  **LAKE**
-  **DIRECTION**



Bike Course



Range Totals: Distance: 14.5 mi Elev Gain/Loss: 576ft, -571ft Max Slope: 9.5%, -8.8% Avg Slope: 1.4%, -1.4%



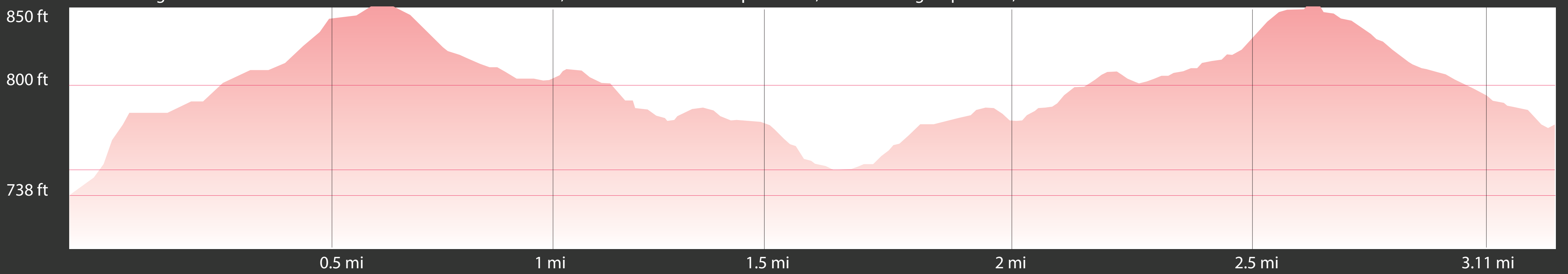
S START **F** FINISH **RIVERS/LAKES** **TRANSITION AREA** **RACE DIRECTION** **BIKE**



Run Course



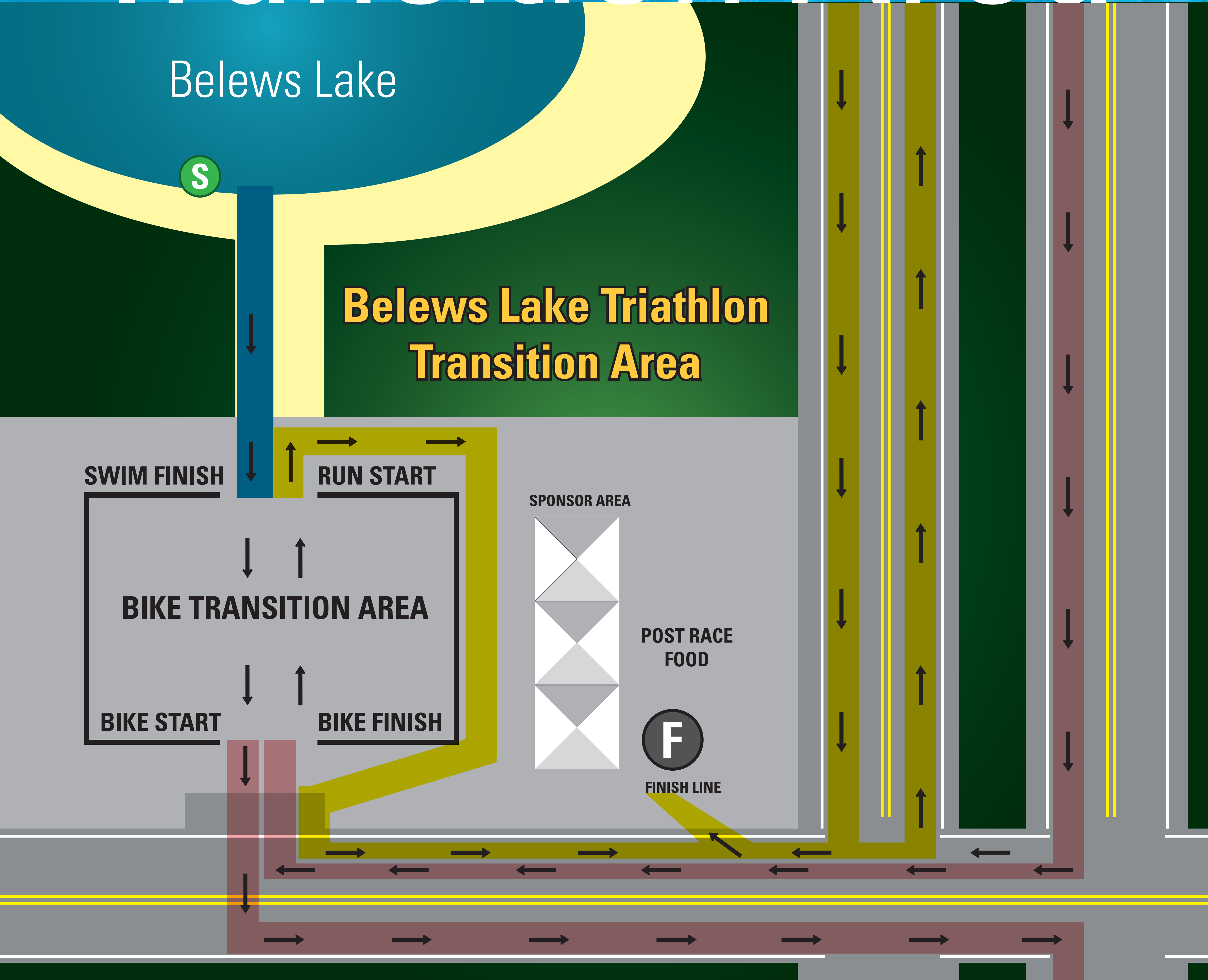
Range Totals: Distance: 3.11 mi Elev Gain/Loss: 247ft, -206ft Max Slope: 13.9%, -7.7% Avg Slope: 2.7%, -2.7%



- S** START **F** FINISH **RIVERS/LAKES** **TRANSITION AREA** **RUN-OUT** **RUN-BACK**
- T** TURN-AROUND



Transition Area



- S** START
- F** FINISH
- POOL**
- DIRECTION**
- RUN**
- BIKE**
- SWIM EXIT TO TRANSITION**