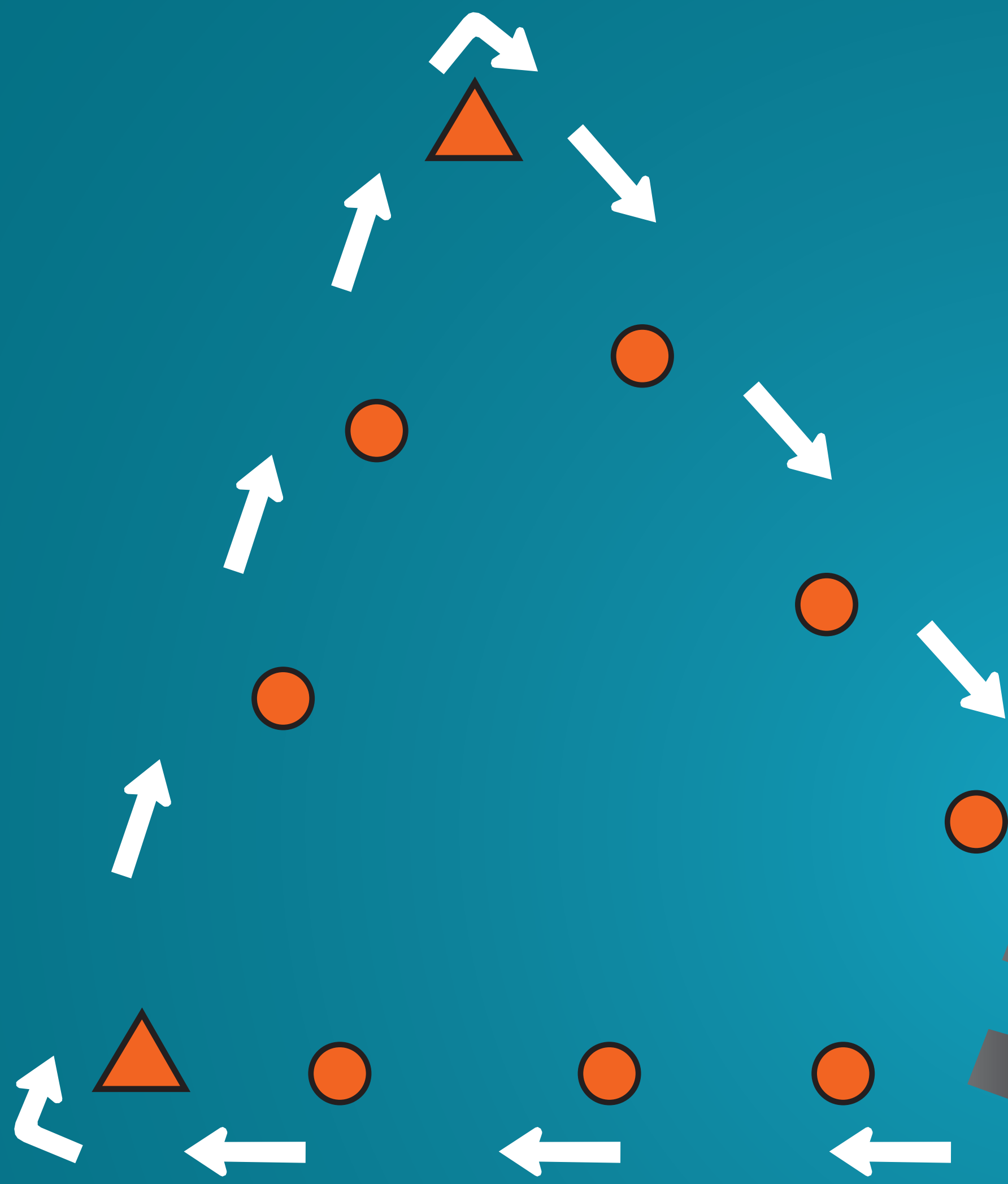


# Swim Course



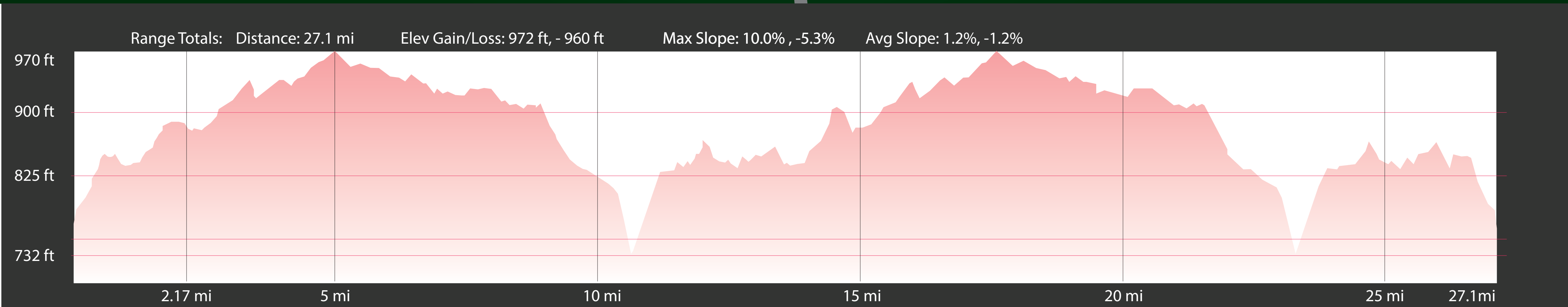
**Belews Lake  
International Triathlon  
1500 Meter Swim**



- S** START
- F** FINISH
- LAKE
- ↻** DIRECTION



# Bike Course



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



# Run Course



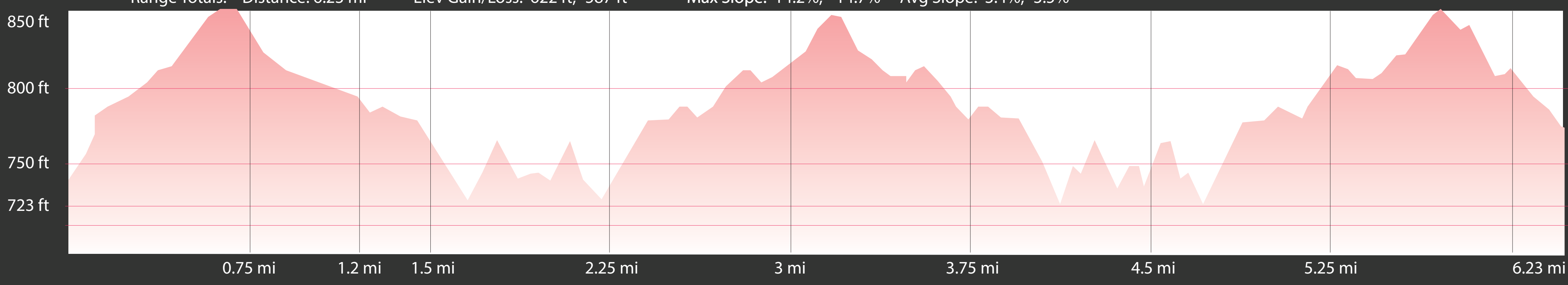
**Belews Lake International Triathlon  
Run Course Que Sheet:  
(2 Loops)**

- Follow Shelton Rd, out of Transition Area
- Turn Left on Campsite Rd
- Follow to Turn Around Point (near lake)
- Follow Campsite Rd to Turn Around Point (corner of Campsite Rd and Shelton Rd)
- Follow Campsite Rd to Turn Around Point (near lake)
- Turn Right on Shelton Rd
- Follow to Finish Line

**T** Turn Around - Start Loop 2

**Belews Lake  
International Triathlon  
10K**

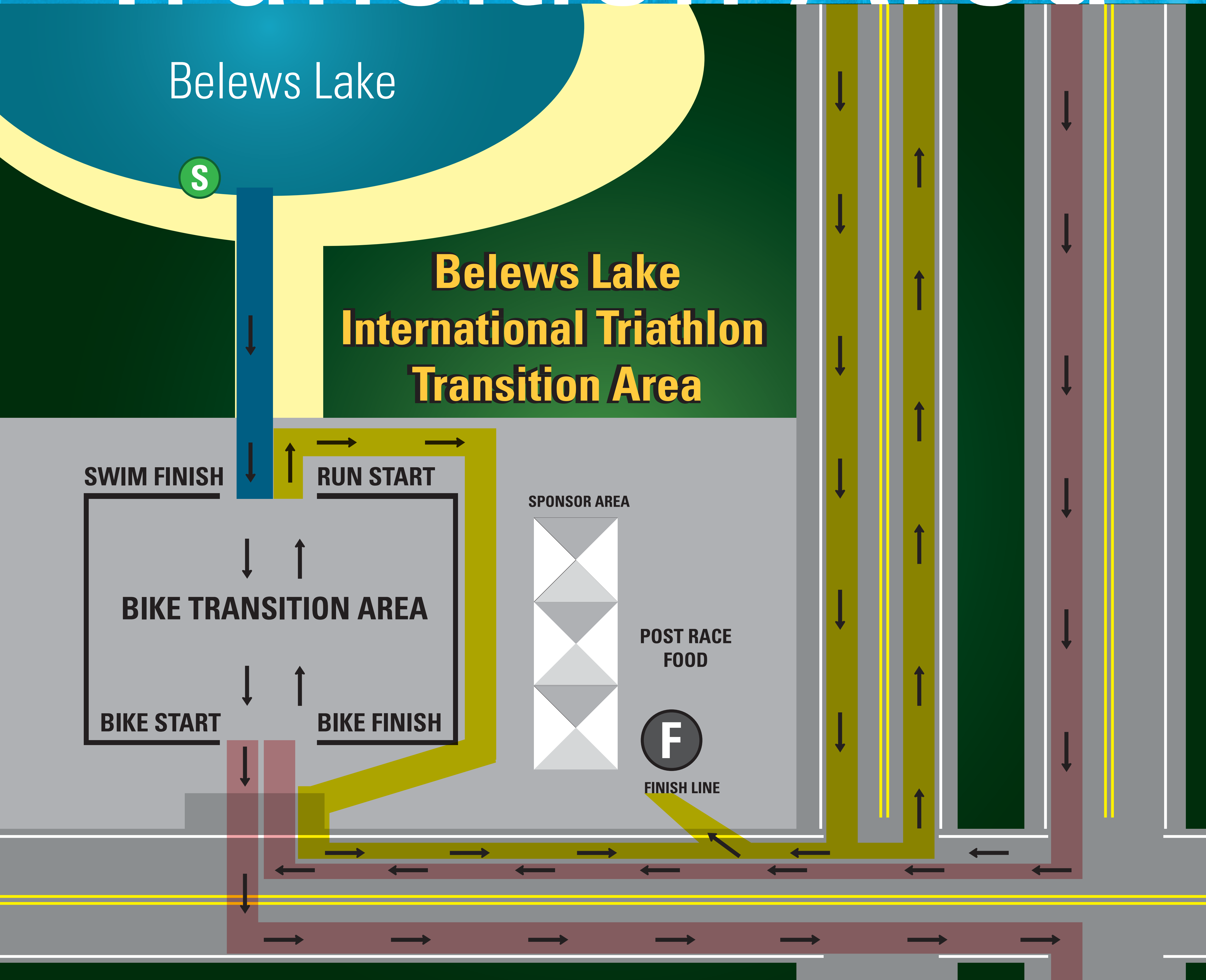
Range Totals: Distance: 6.23 mi    Elev Gain/Loss: 622 ft, -587 ft    Max Slope: 14.2%, -14.7%    Avg Slope: 3.4%, -3.5%



- 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**