

- Swim In>
- Bike>
- Run>
- Run to Finish>



Lake Absegami
day use area

FINISH

Swim In
Run Out

Bike Out
Bike In

Run
2nd Loop

Mount
/Dismount

Run to FINISH

Bike Finish

Bike
Turn-a-round
Long Course Only

No parking
No Use

Bike
2nd Loop

Preferred Parking for all

Google