



## SWIM

We will commence with a 500 yard swim (20 lengths of the pool).  
The Powell Swim Club will supply lap counters for your convenience.  
On the completion of your swim, proceed through the north facing doors, across the grass to Homesteader Court where your bikes will be.

## BIKE

Your bike will start from Homesteader Court with a right turn onto Seventh Street. At the intersection, you will turn left onto Road 8 and proceed north.  
At the Road 8 and Lane 8 intersection, you will turn left. Follow this road until you reach the Elk Basin Highway on which you will turn right. Proceed down this road until you reach the turnaround, and follow the same route back.

## RUN

Your run will commence from Homesteader Court with a left onto 7th Street. Follow 7th Street until you reach the turnaround (Corner of Grand and 7th).  
We will have a water only aide station available at the turnaround of your run (ambulance will also be here).