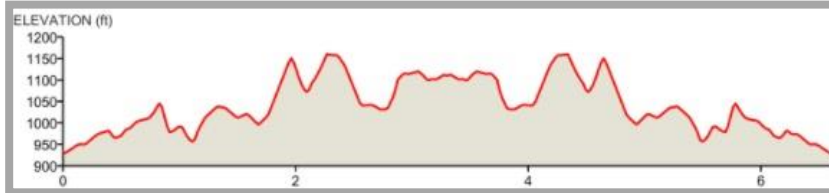


AMERICAN TRIPLE-T

3-DAYS, 4-TRIATHLONS, 1-EPIC EVENT



American Triple-T Race #1 & #4

Atwood Lake Park

Run Course Map

6.55/13.1 miles – 2 laps XT (Sun) 1 lap ST (Sun)

1 mile – Portion of a Lap (Fri)

DIRECTIONS: Exit the transition area and follow park roads to the entrance Hawk Ridge Trail. Take the Hawk Ridge Trail to the Cabin Trail. Follow Cabin Trail to Dogwood/Mingo Trail. Continue on Mingo Trail and follow to the run turnaround. **Water, Ice, INFINIT NUTRITION, Cookies, Pretzels at mile #.8, #1.5, #2.8 on the way out and back each lap plus a TA exit turn around station.**

Atwood Lake Park Hiking Trails

	Activity Center		Point of Interest		Hawk Ridge Trail
	Bike Path		Restroom		On-road Trail
	Park Entrance		Trailhead		Woodland Trail
	Park Office		Vacation Cabins		Roads
	Parking		MWCD Property		Streams

