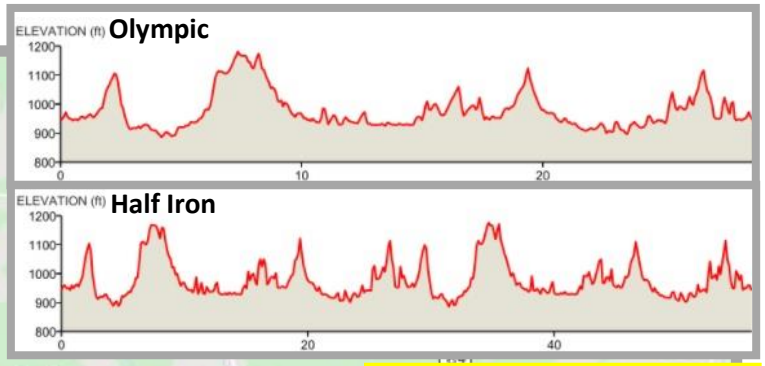
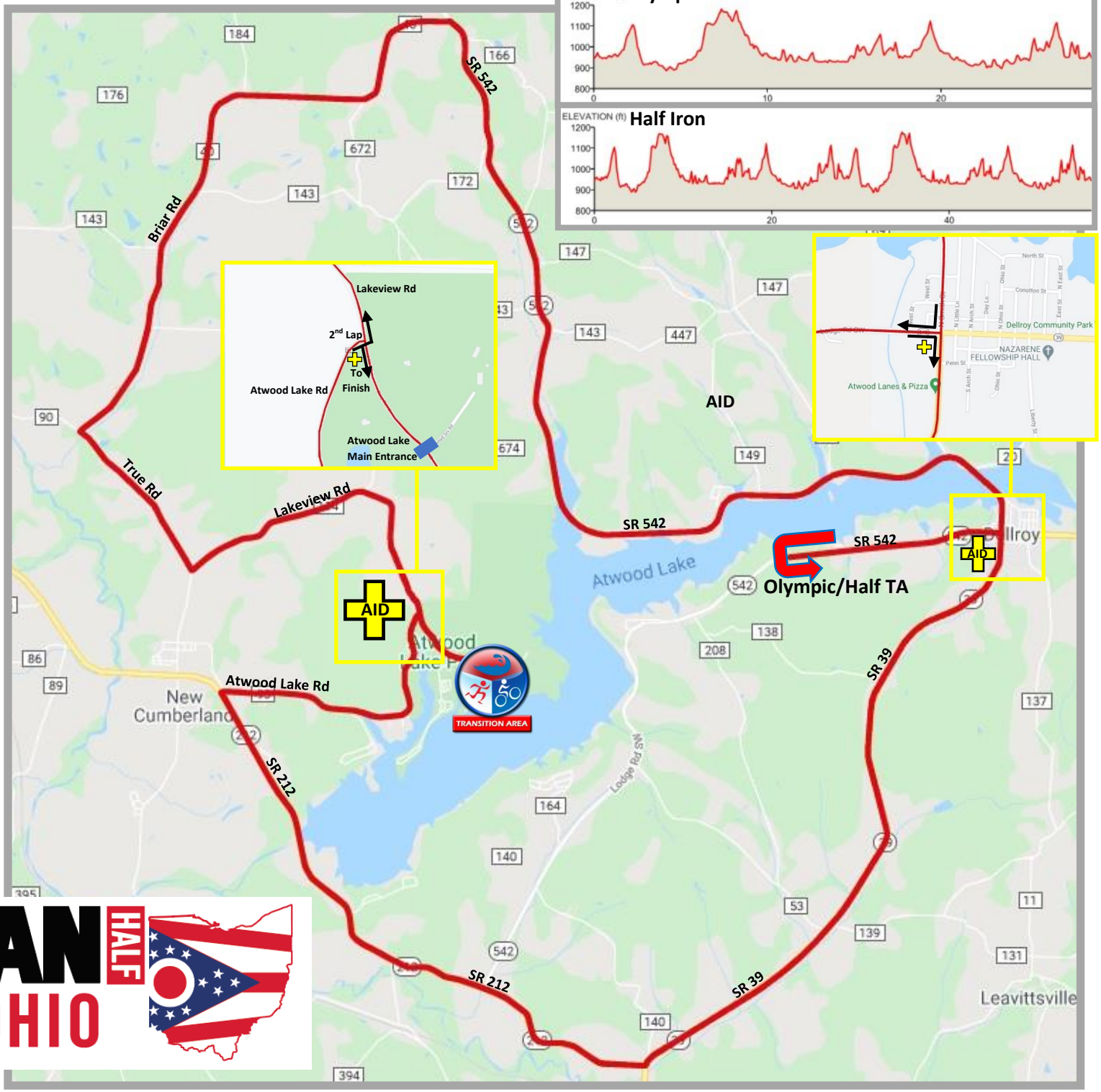
Toughman Ohio
Atwood Lake Park
Bike Course Map
OLYMPIC: 45k (28.75 miles) 1-Lap
HALF IRON: 90K (56 miles) 2-Laps

DIRECTIONS: Exit the transition area on the park roads and continue straight on Lakeview Rd to True Rd. Go right on True Rd to Briar Rd. Go right on Briar Rd to State Route 542. Go right on State Route 542 to Dellroy. In Dellroy go right to the bike turnaround. After the turnaround go right in Dellroy to State Route 39. Take State Route 39 to State Route 212. Go right on State Route 212 to Atwood Lake Rd. Go right on Atwood Lake Rd to the park entrance. Go left on Lakewiew Rd for Lap #2 or right into the park entrance to go back to the transition area to start the run. **Water*, Ice, INFINIT NUTRITION*, Cookies, Pretzels at mile #18, #27 & #45**
In Bike Bottles





TOUGHMAN HALF
FUELED BY INFINIT OHIO