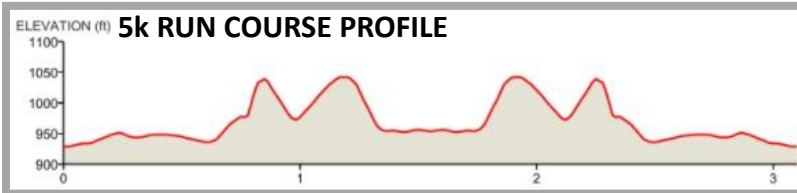




Toughman Sprint Triathlon
Atwood Lake Park
Run Course Map
3.1 miles – 1 Lap

DIRECTIONS: Exit the transition area and follow the paved Woodland Trail to the run turnaround. **Water, Ice, INFINIT NUTRITION, Cookies, Pretzels** at mile #.8, #1.55 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

MUSKINGUM WATERSHED
 CONSERVANCY DISTRICT

Source: MWCD Internal Sources

ATW20195005 -LH-