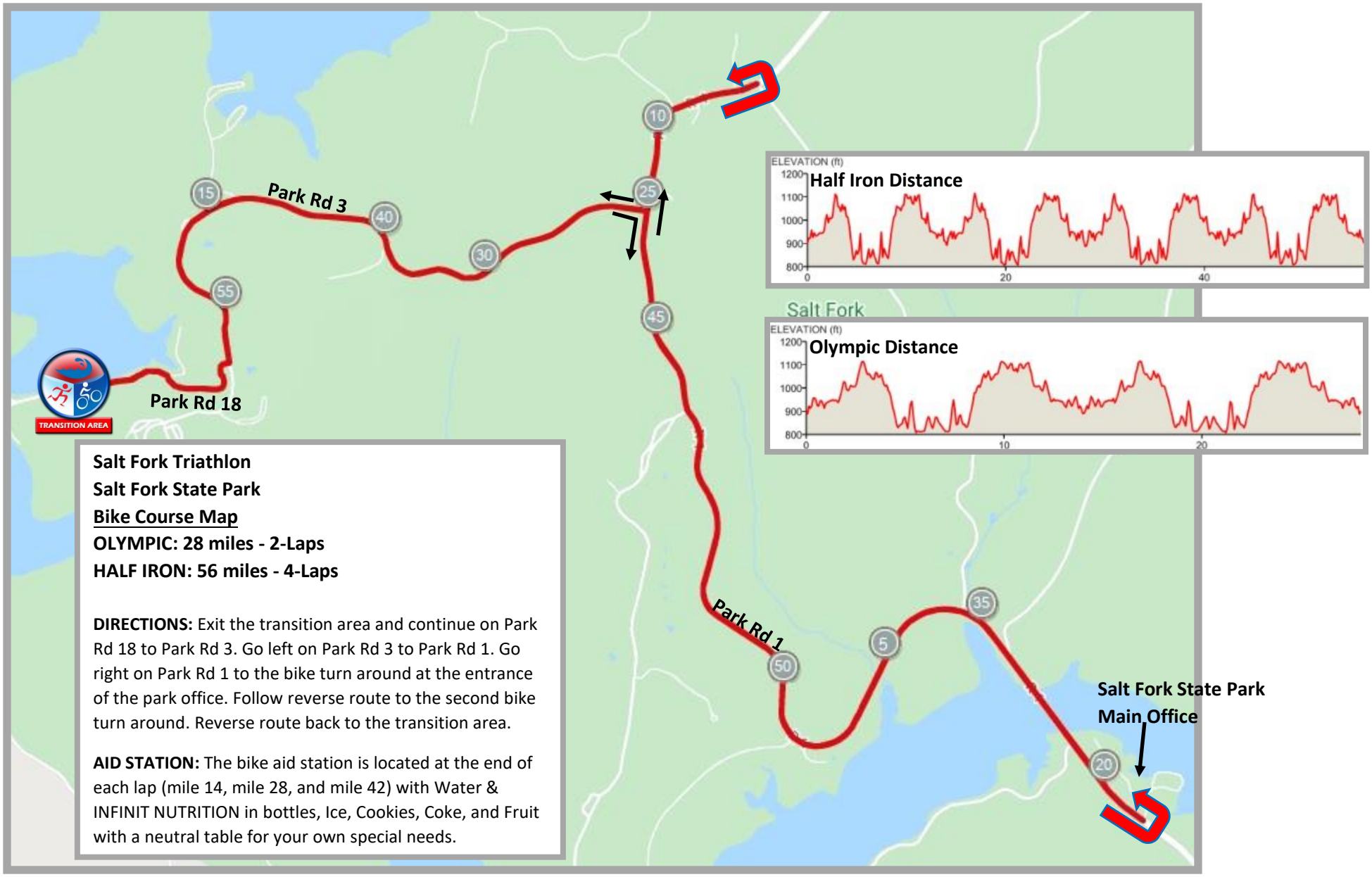

Salt Fork Triathlon
Salt Fork State Park
Bike Course Map
OLYMPIC: 28 miles - 2-Laps
HALF IRON: 56 miles - 4-Laps

DIRECTIONS: Exit the transition area and continue on Park Rd 18 to Park Rd 3. Go left on Park Rd 3 to Park Rd 1. Go right on Park Rd 1 to the bike turn around at the entrance of the park office. Follow reverse route to the second bike turn around. Reverse route back to the transition area.

AID STATION: The bike aid station is located at the end of each lap (mile 14, mile 28, and mile 42) with Water & INFINIT NUTRITION in bottles, Ice, Cookies, Coke, and Fruit with a neutral table for your own special needs.