



**Salt Fork Triathlon**  
**Salt Fork State Park**  
**Run Course Map**  
**Sprint: 3.1 miles 1/2 lap – 1 lap (Sat)**  
**Olympic: 6.55 miles - 1 lap (Sun)**  
**Half Iron: 13.1 miles - 2 laps (Sun)**

**DIRECTIONS:** Exit the transition area and follow park roads to the Salt Fork Lodge and loop around the perimeter of main parking lot and return to Park Rd 3. ST and XTF continue running to their turn around points on Park Rd 3. Follow Park Rd 3 back to Park Rd 18 and to the finish. **Water, Ice, INFINIT NUTRITION, Cookies, Pretzels at mile #1.1, #2.1, #3.4 and #5.5. SUNDAY – plus TA exit station**