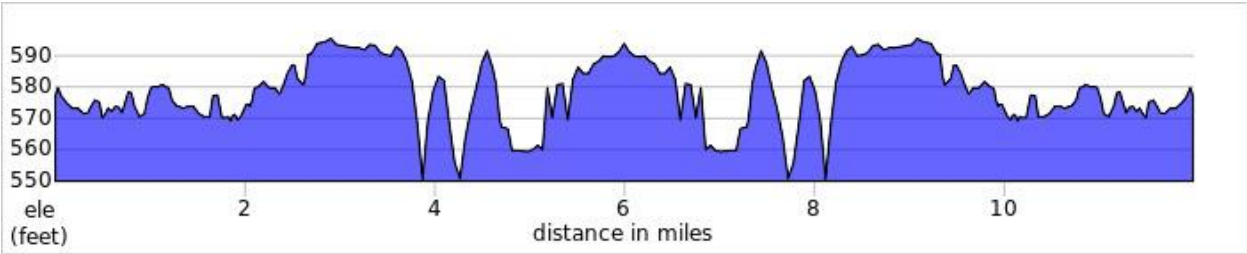


Lake Springfield Triathlon – Sprint Bike Route – 12 miles
Out & Back Course

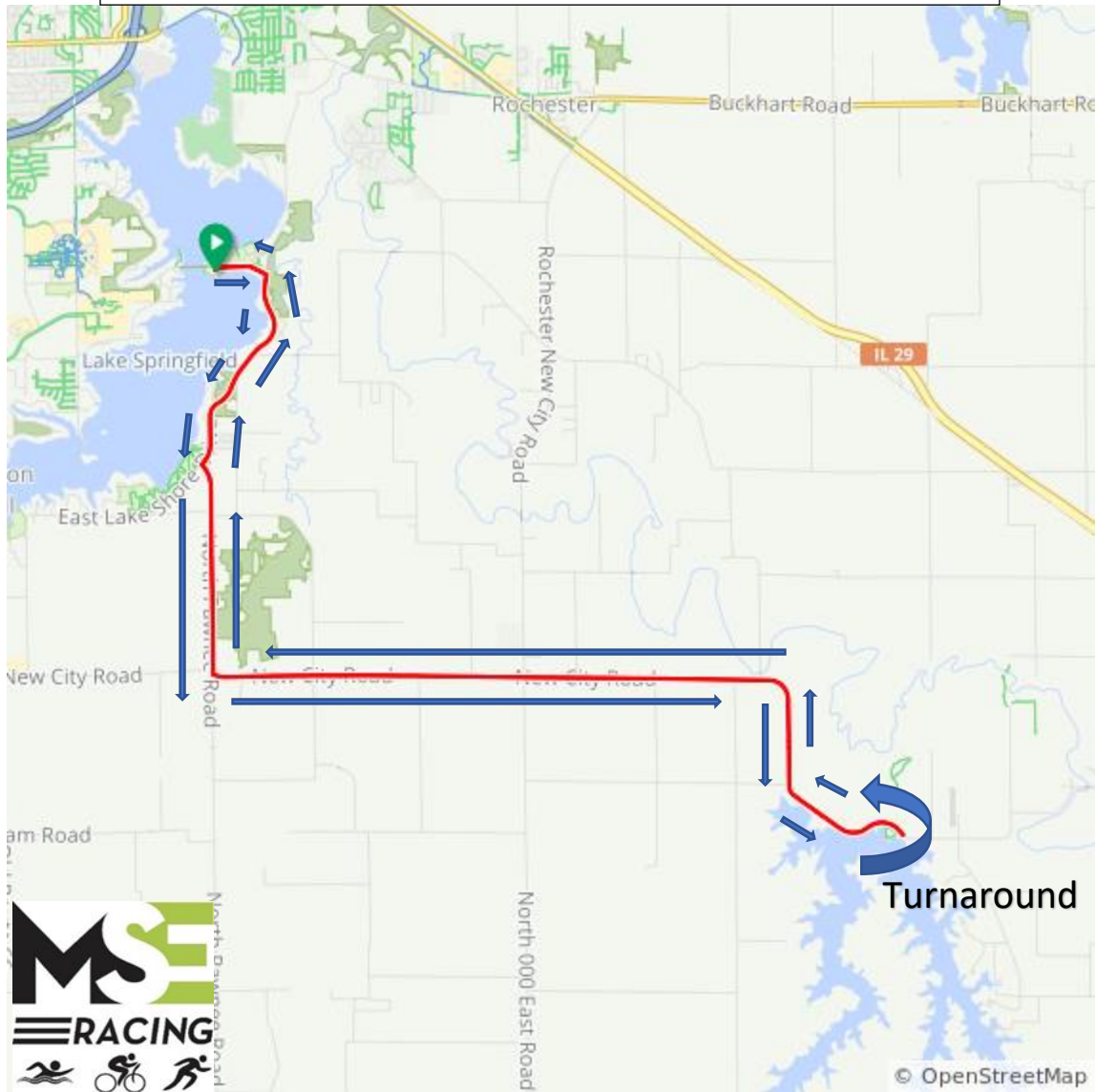


Click here to view the route turn by turn –
<https://ridewithgps.com/routes/40273081>



Lake Springfield Triathlon – Olympic Bike Route – 24 miles

Out & Back Course



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/40273043>



Lake Springfield Triathlon – Half Distance Bike Route – 56 miles



Click here to view the route turn by turn –
<https://ridewithgps.com/routes/40272836>



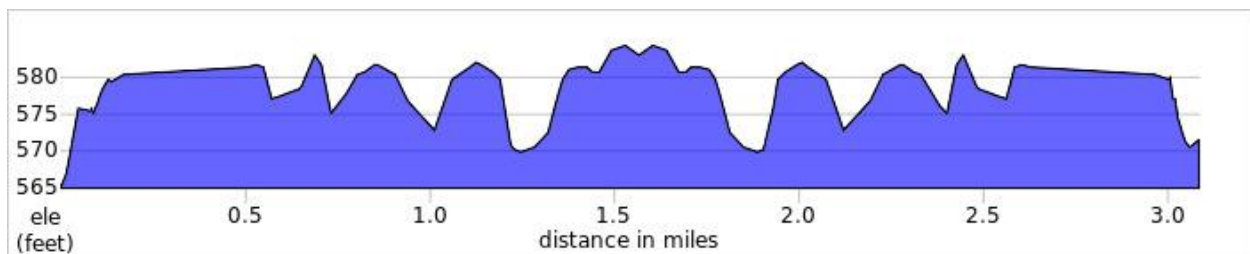
Lake Springfield Triathlon – Sprint Run Route – 3.1 miles

Out & Back Course

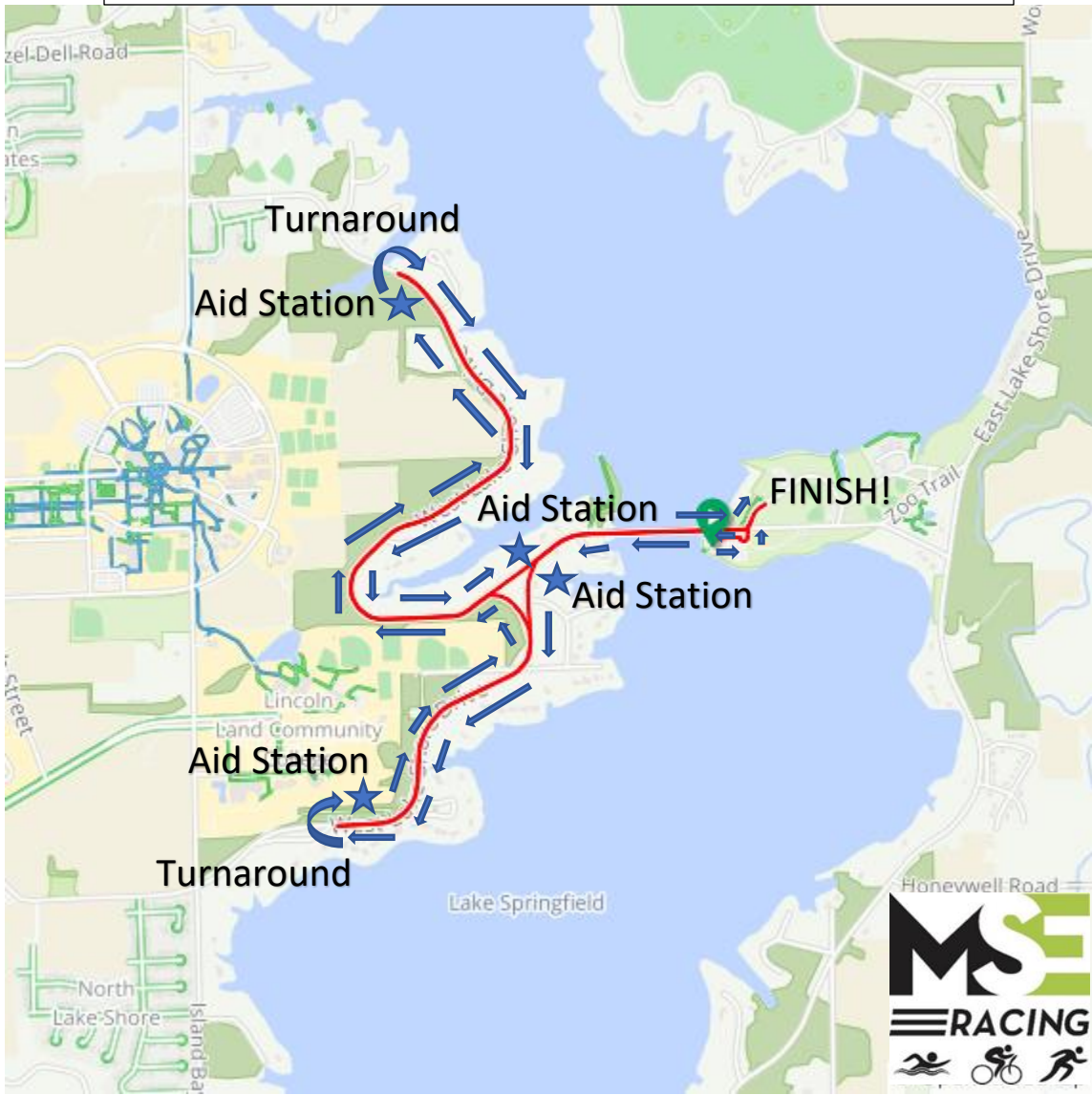


Click here to view the route turn by turn –

<https://ridewithgps.com/routes/40273169>



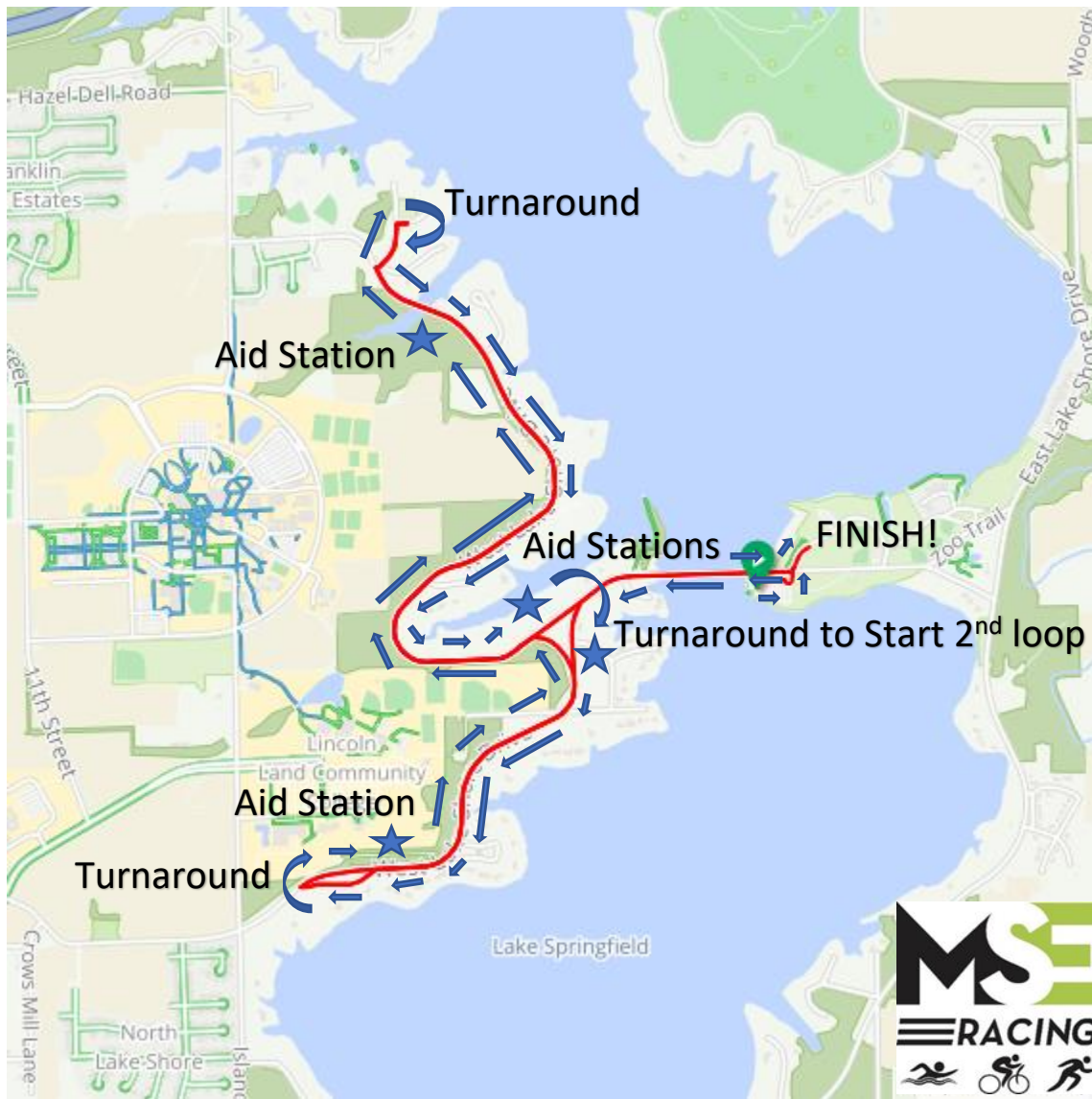
Lake Springfield Triathlon – Olympic Run Route – 6.2 miles



Click here to view the route turn by turn –
<https://ridewithgps.com/routes/40273192>



Lake Springfield Triathlon – Half Distance Run Route – 13.1 miles



Click here to view the route turn by turn –

<https://ridewithgps.com/routes/40273453>

