

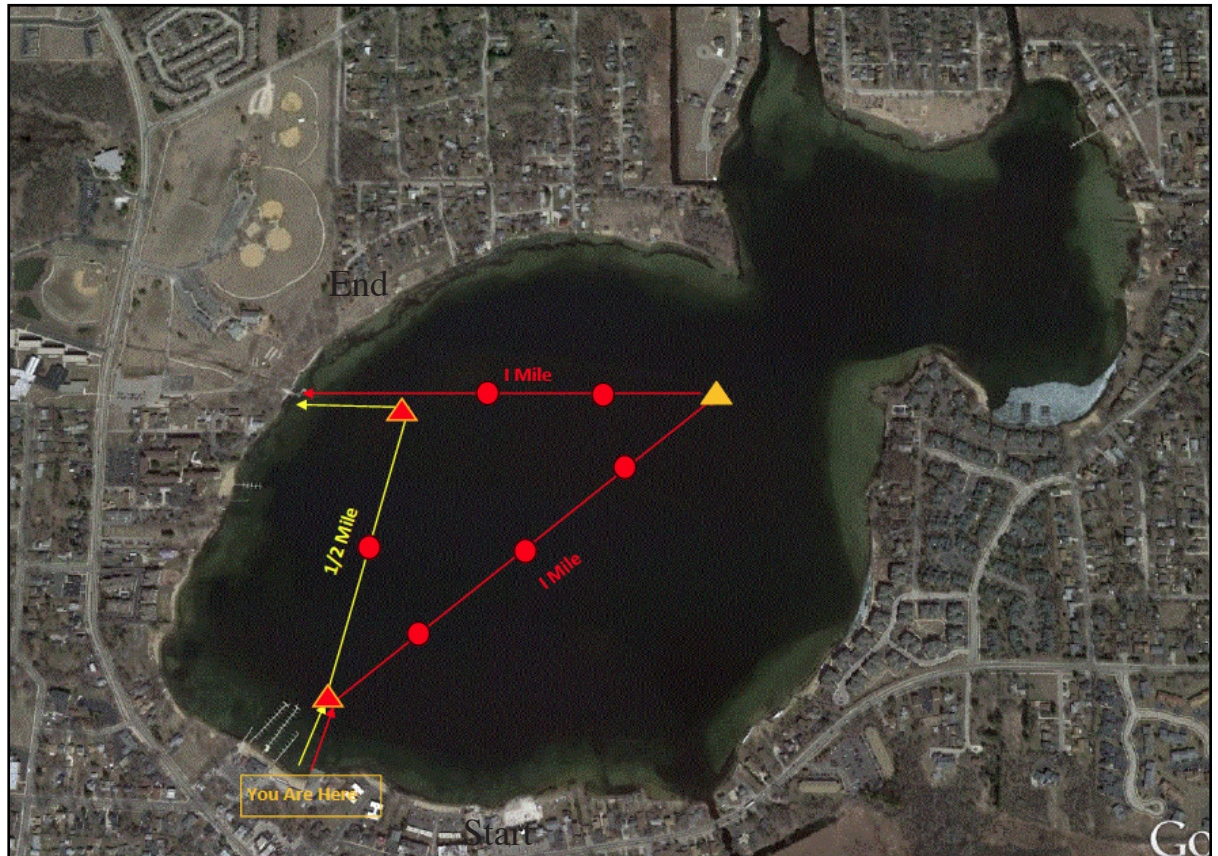


# Wauconda Adult Olympic Triathlon Swim Course Map

Begins at Beach Park  
Ends at Cook Park fishing pier

(Transportation will be provided from Cook Park to Beach Park  
before the race.)

## 1 Mile



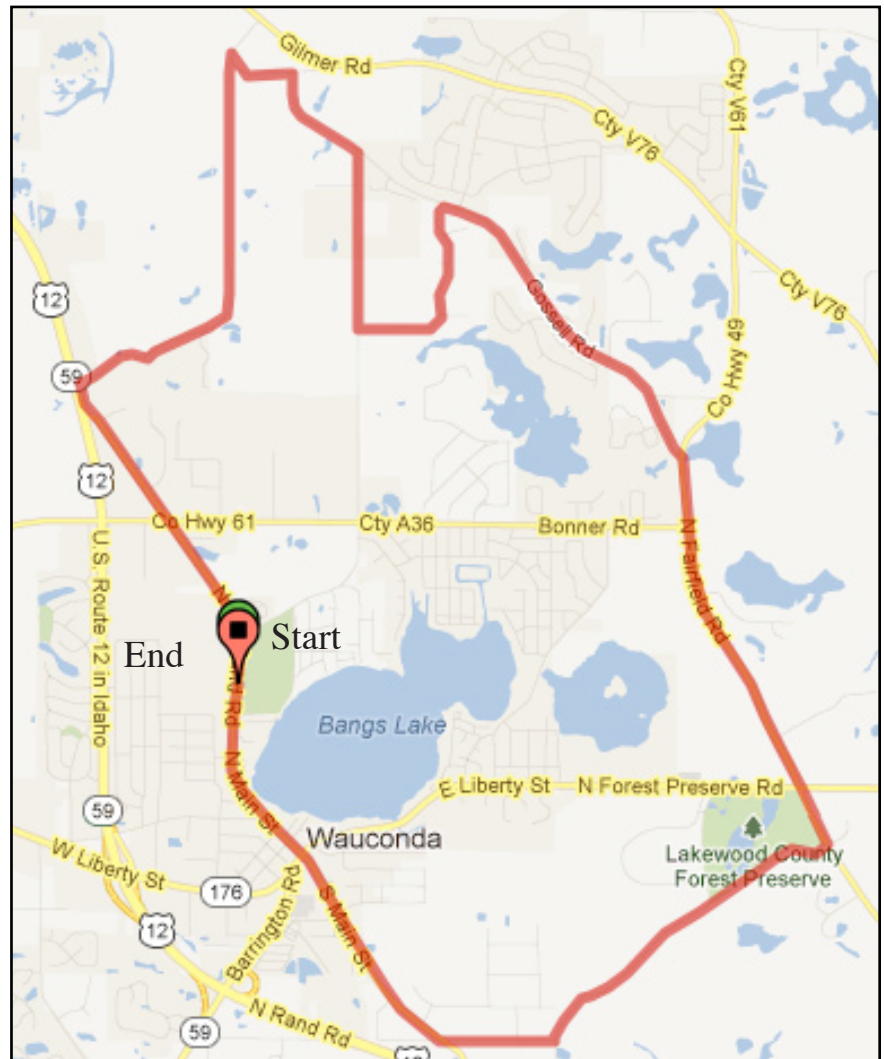
Cook Park 600 North Main Street, Wauconda, IL 60084  
[www.waucondaparks.com](http://www.waucondaparks.com) (847) 526-3610  
Wauconda Park District



# Wauconda Adult Olympic Triathlon Bike Course Map

Begin at Cook Park transition  
Right onto North Main Street  
Turns into North Old Rand Road  
Slight right onto North Callanhan Road  
Right onto West Old Gilmer Road  
Right onto Gossell Road  
Right North Garland Road  
Slight left onto North Virginia Lane  
Right onto North Gossell Road  
Right onto North Fairfield Road  
Right onto West Ivanhoe Road  
Slight right onto West Ivanhoe Road  
Right onto Old Rand Road/South Main Street  
Right into Cook Park Bike Staton  
Begin Run course

Double Loop **24 Miles**



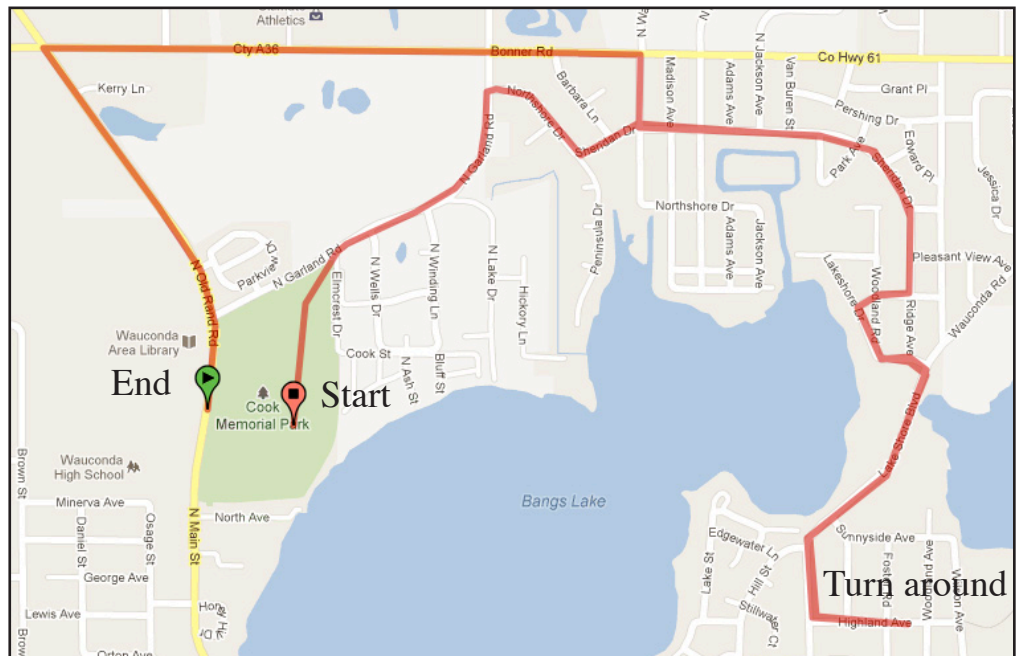
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# Wauconda Adult Olympic Triathlon Run Course Map

Exit transition  
North on walking path to Garland Road  
Right onto North Garland Road  
Right onto Northshore Drive becomes Sheridan Drive  
Sheridan turns into Ridge Avenue  
Right onto Park Place  
Left onto Lake Shore Drive  
Right onto Lake Shore Blvd.  
Left onto Highland Avenue  
Turnaround after Foster Road  
Right onto Lake Shore Blvd.  
Left onto Lake Shore Drive  
Right onto Park Place  
Left on Ridge Avenue  
Ridge turns into Sheridan Drive  
Right onto Washington Avenue  
Left onto Bonner Road  
Left onto Old Rand Rd./Main Street  
Left onto Cook Park parking lot to finish line

6.2 Miles



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