



# Wauconda Adult Sprint Triathlons

## 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.)

### 0.5 Mile



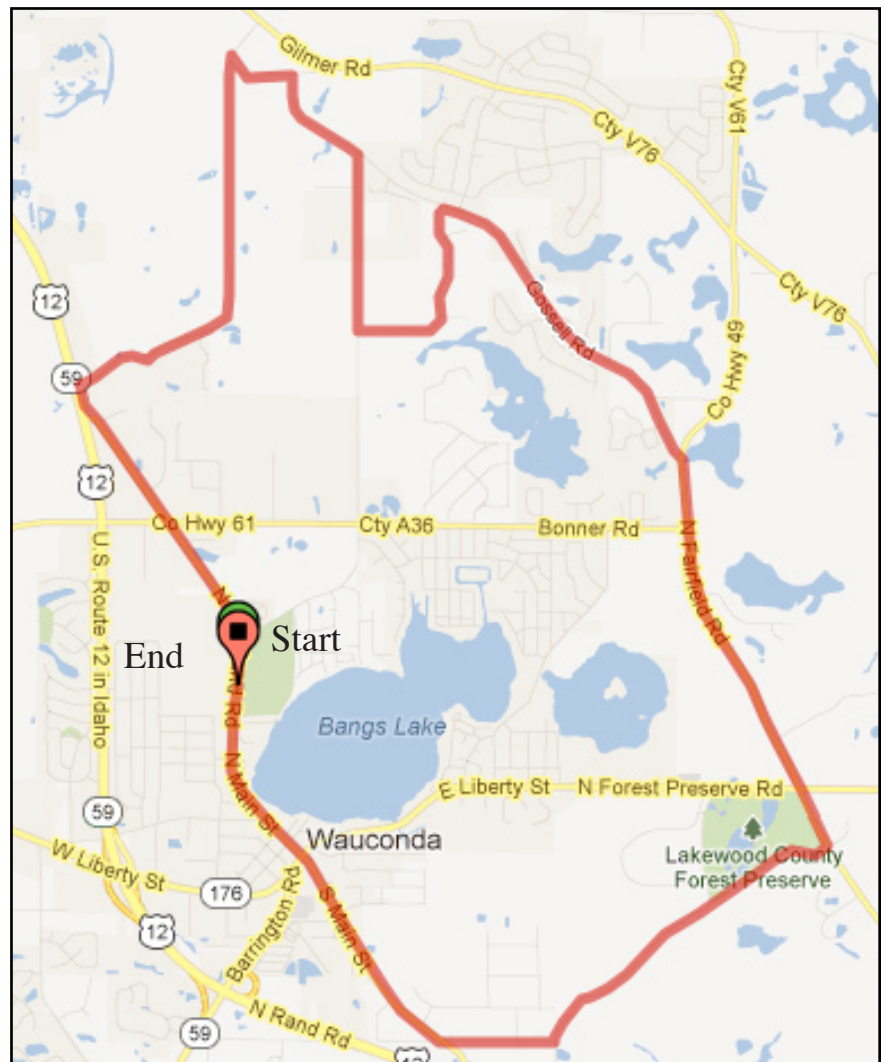
Cook Park 600 North Main Street, Wauconda, IL 60084  
www.waucondaparks.com (847) 526-3610  
Wauconda Park District



# Wauconda Adult Sprint Triathlons 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

12 Miles



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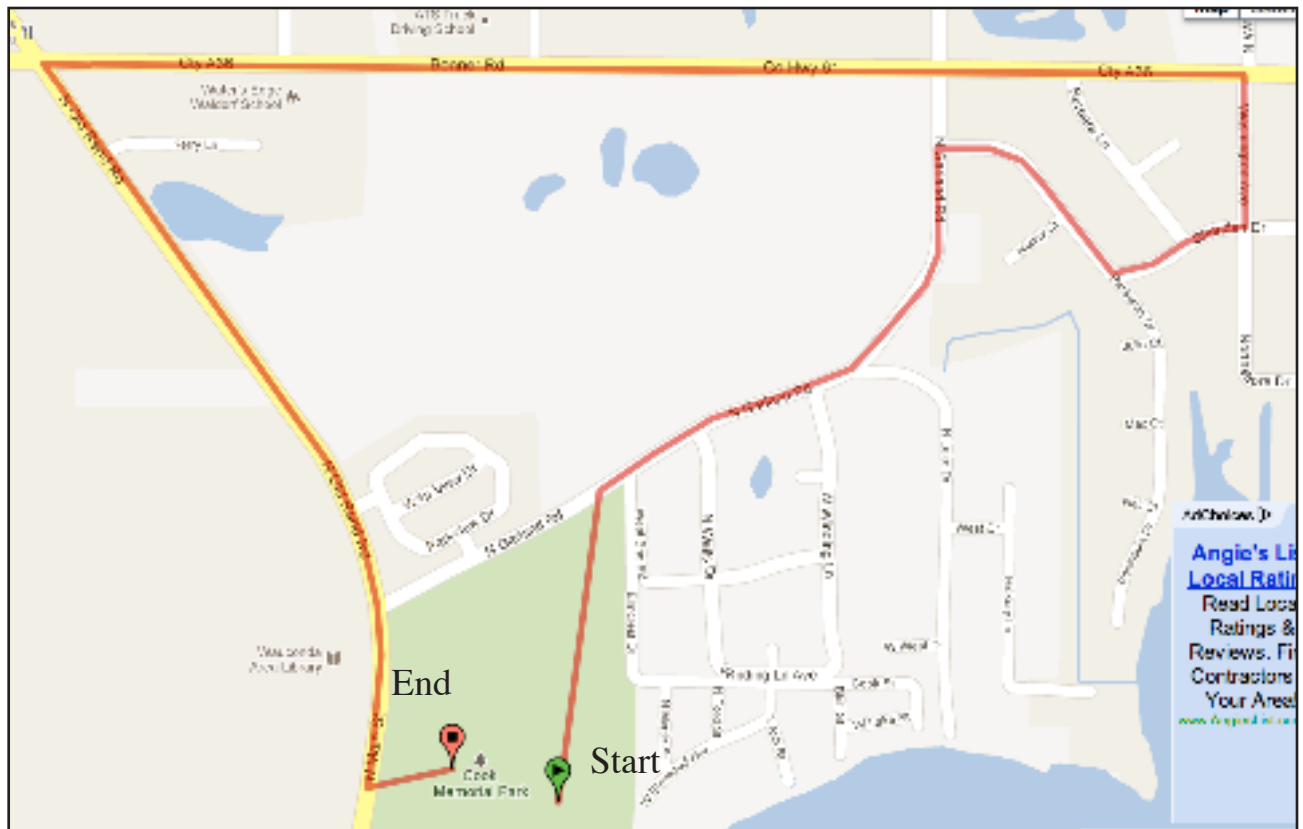


# Wauconda Adult Sprint Triathlons

## Run Course Map

- Exit transition
- North on walking path to Garland Road
- Right onto North Garland Road
- Right onto Northshore Drive becomes Sheridan Drive
- Left onto Washington Avenue
- Left onto Bonner Road
- Left onto Old Rand Rd./Main Street
- Left onto Cook Park parking lot to finish line

3.1 Miles



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