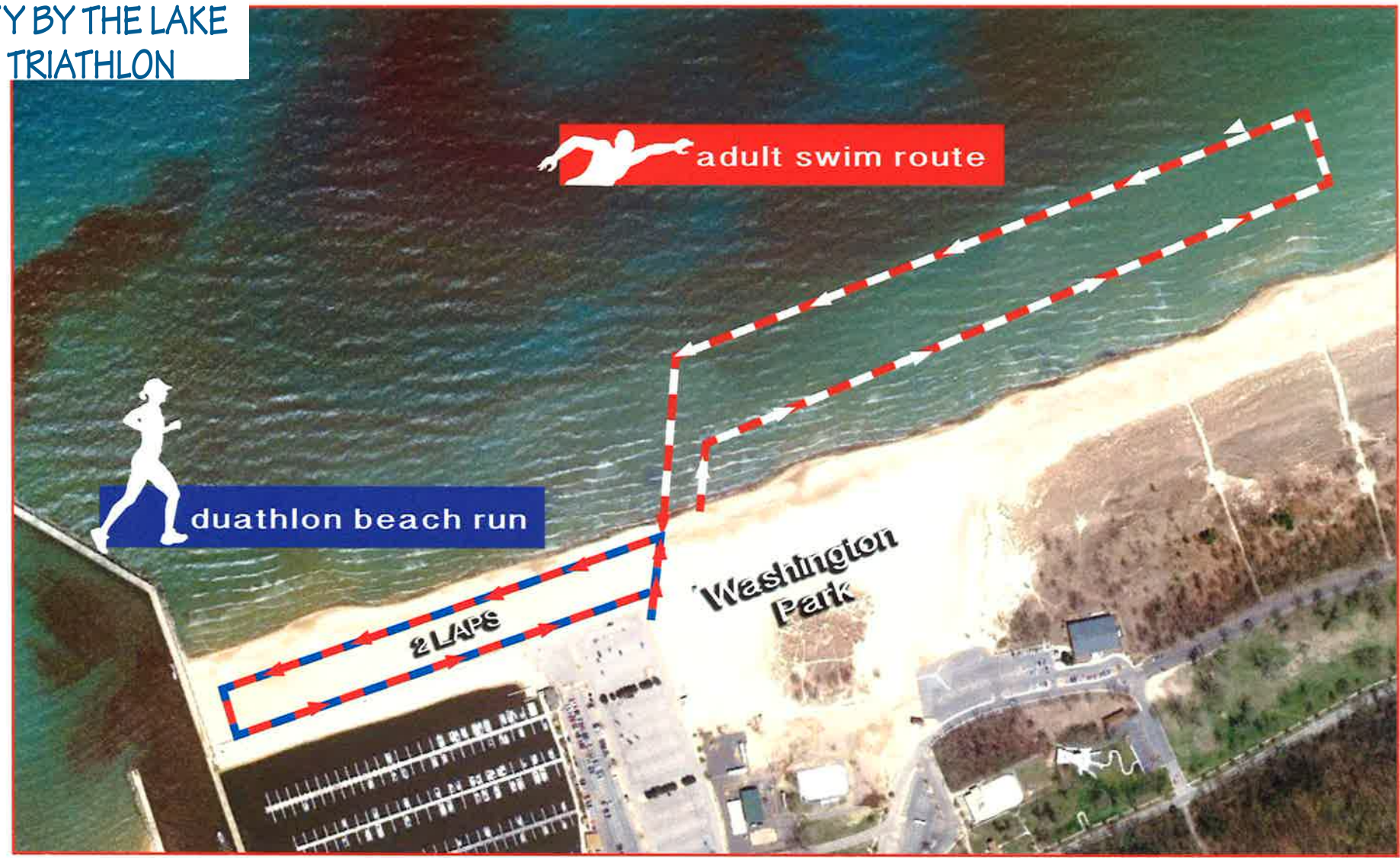




CITY BY THE LAKE
TRIATHLON

WASHINGTON PARK
MICHIGAN CITY, INDIANA

adult swim route .46 miles (.75k)
duathlon beach run 1 mile (1.6k)

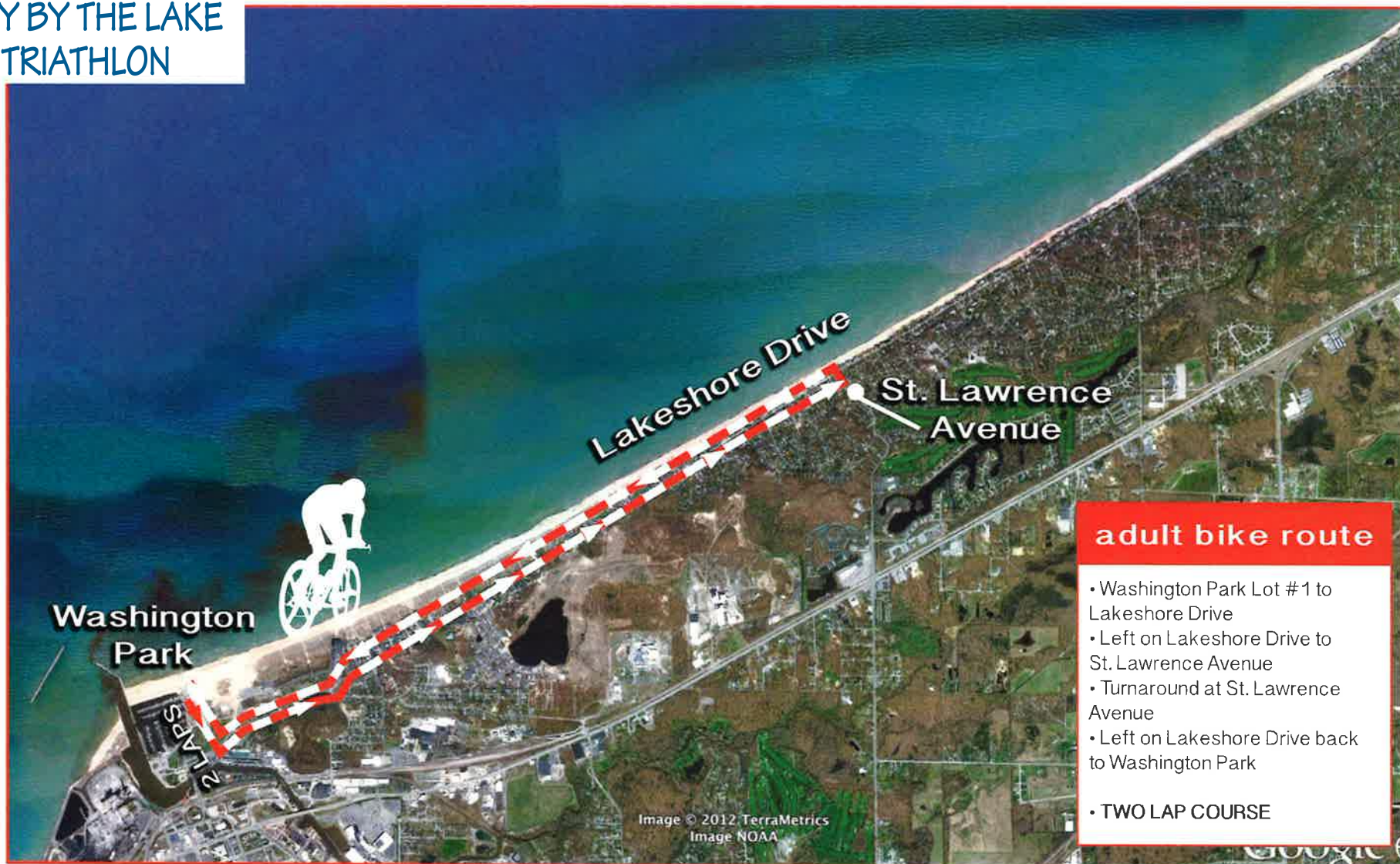




CITY BY THE LAKE
TRIATHLON

WASHINGTON PARK MICHIGAN CITY, INDIANA

adult bike route 12.5 miles (20.1K)



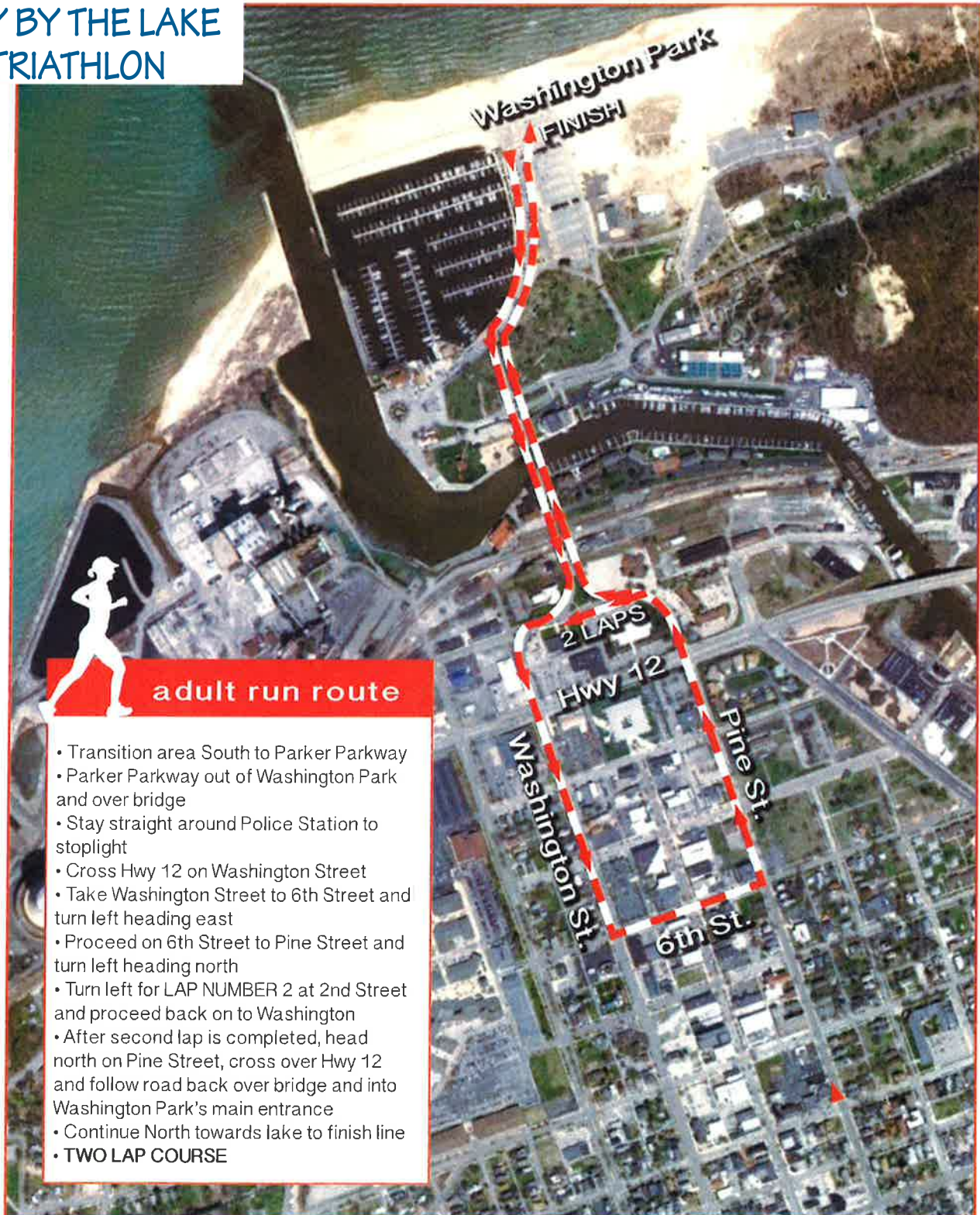
www.citybythelaketriathlon.com



CITY BY THE LAKE
TRIATHLON

WASHINGTON PARK MICHIGAN CITY, INDIANA

adult run route 2.93 miles (4.71k)



adult run route

- Transition area South to Parker Parkway
- Parker Parkway out of Washington Park and over bridge
- Stay straight around Police Station to stoplight
- Cross Hwy 12 on Washington Street
- Take Washington Street to 6th Street and turn left heading east
- Proceed on 6th Street to Pine Street and turn left heading north
- Turn left for LAP NUMBER 2 at 2nd Street and proceed back on to Washington
- After second lap is completed, head north on Pine Street, cross over Hwy 12 and follow road back over bridge and into Washington Park's main entrance
- Continue North towards lake to finish line
- **TWO LAP COURSE**

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