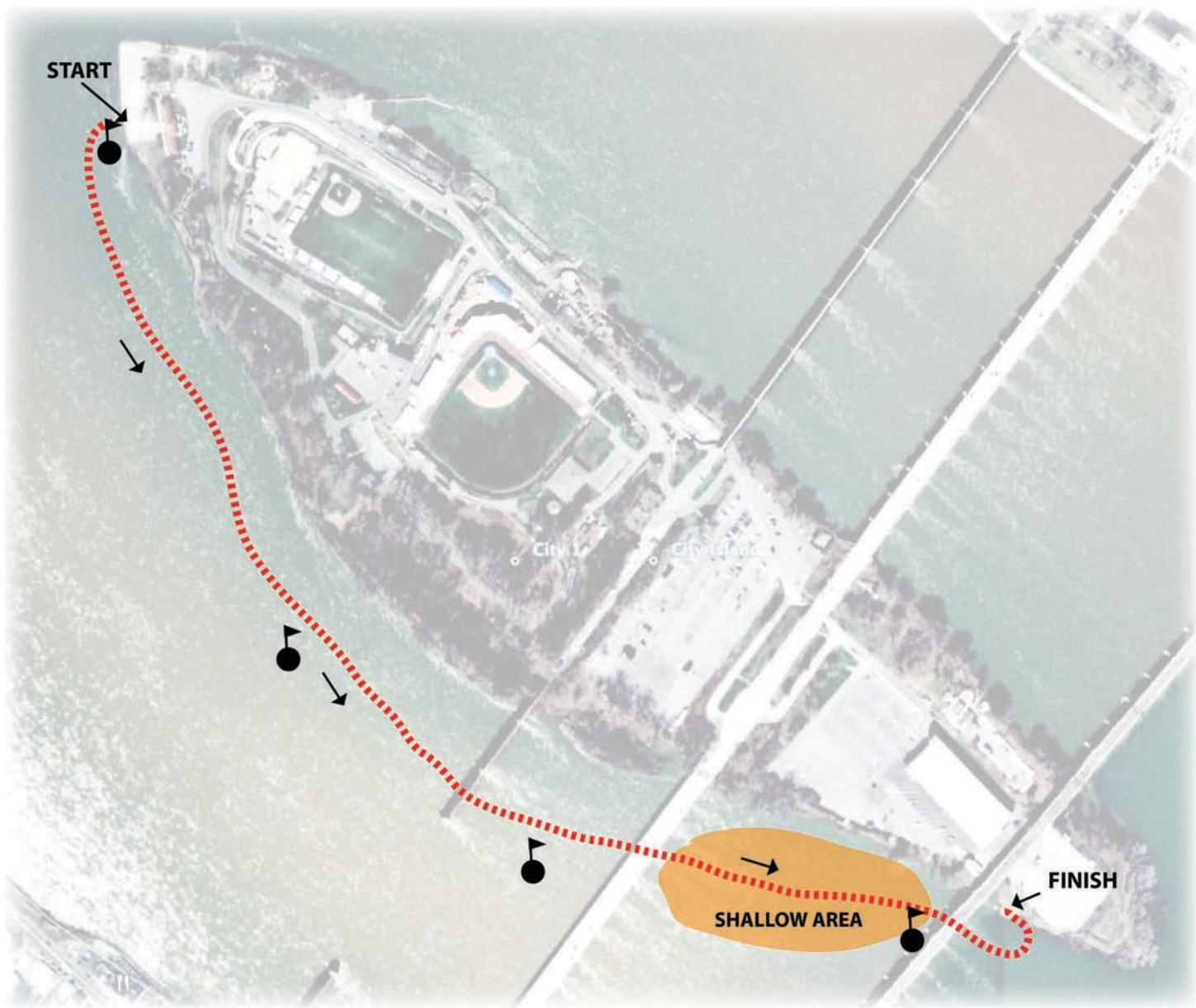


Catfish Sprint – Swim Map

Starting at the North end (by bath house) must go around the first flag keeping it to your left. Remember there will be a current. Aim for about 15 to 20 yards north of the flag because of the current. Keep all other flags to your right (you will be between the island and the flags).

(Swim approximately .8 miles in river with current)



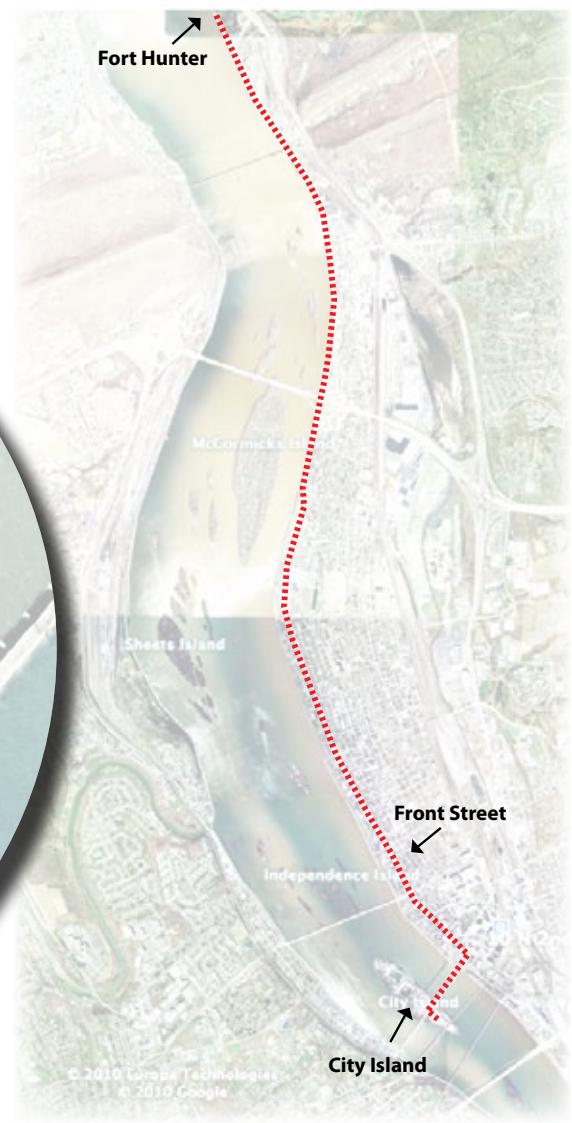
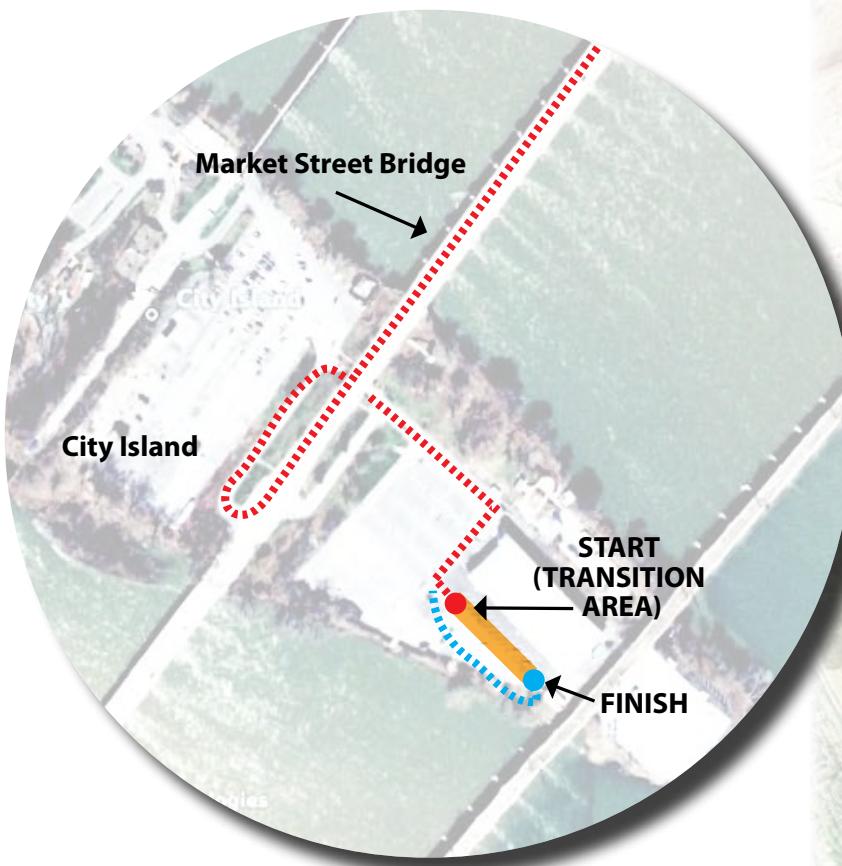
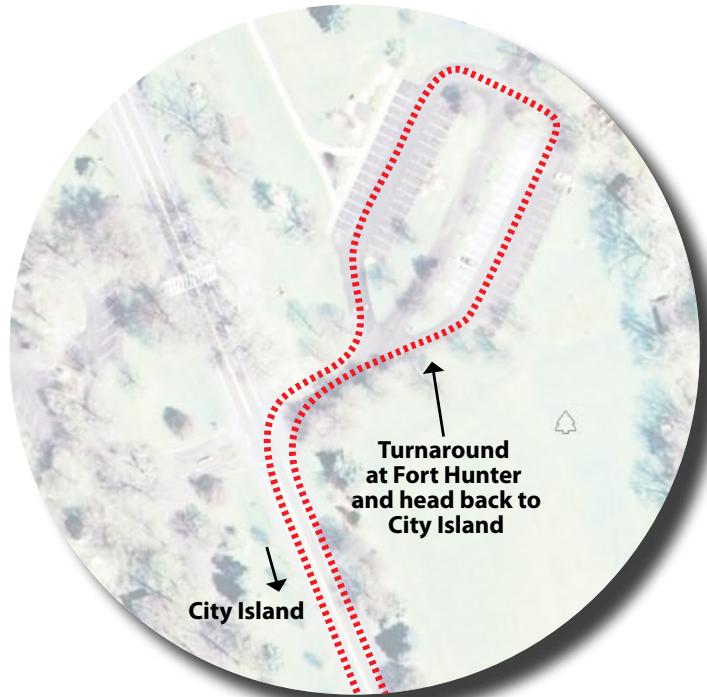
Catfish Sprint – Duathlon Map

Starting at the parking garage, run under Walnut Street Bridge by the batting cages. Proceed left past arcade and pavilion. Continue clockwise around the back of the stadium, heading north to the soccer field. Make a hard right at the soccer field and proceed around the soccer field heading back towards the batting cages. Continue past the parking garage and loop around to the transition area. (1.5 miles around City Island)



Catfish Sprint – Bike Map

Out of transition, over Market Street Bridge turn left on to Front Street heading north past Division Street (2 lane traffic area, use caution). Head north to Fort Hunter (follow signs to *Front Street*) turn around in the Fort Hunter parking lot. Return same route to transition area.
(Approximately 14.5 miles)



Catfish Sprint – Run Map

Out of transition area, go over Walnut Street Bridge towards Harrisburg. At end of bridge take first right and proceed down the ramp towards river. Stay left and proceed south towards the 83 Bridge until you hit the turnaround. From turnaround, stay on left side to allow for oncoming runners. Return back to the up ramp and go back over the Walnut Street Bridge to City Island. Finish past parking garage. (Approximately 3.1 miles)

