

Tri Goddess Tri Sprint, Mini Sprint and Duathlon Bike Course

- Exit Transition area into the parking lot, follow the park road to the park entrance at Seymour Road
- Turn right (west) onto Seymour Road
- Follow Seymour Road to Welch Lake Road
- At Welch Lake Road turn right (north) and continue straight
- Travel north on Welch Lake Road to Cutler Road
- At Cutler Road, turn left (west) and continue straight to Dunn Road
- Turn right (northwest) onto Dunn Road
- Follow Dunn Road, at about 3.75 miles it curves to the right, until it reaches Coon Hill Road
- Turn right (east) onto Coon Hill Road and continue straight
- There is a big sweeping right-hand curve at about 5.5 miles
- Follow the curve to the right onto Portage Lake Road, you are now traveling south
- Portage Lake Road has several gentle curves
- Follow Portage Lake Road to Seymour Road
- At Seymour Road turn right (west) and go straight to the park entrance road
- At the park entrance turn right (north) and go straight, stay to the left at the forks
- Follow the park road back to the transition area.