

# Tri Goddess Tri Olympic Distance Course

## **Narrative Paragraph Version**

Heading out of the park, turn left onto Seymour Rd. right past Curly's restaurant turning left onto Portage Lake Road. Pedal your way past the lake, enjoying the views on your left, following two left curves and then taking a right on Coon Hill Rd. Follow Coon Hill towards Munith, taking a right turn on Waterloo- Munith Road. Speed your way through this straight away for 2.5 miles. Turn left on Mt. Hope Rd. for just under 1 mile turning left onto Territorial Road making sure to stay right until turning right again onto Parks Road for two miles. Turn left back onto Waterloo-Munith Road traveling by the Waterloo Farm Museum heading southeast until turning right onto Trist Road. Trist becomes Seymour Road. Keep pedaling past Curly's all the way to Portage Lake State Park, turn right in the park and follow the park road to transition.