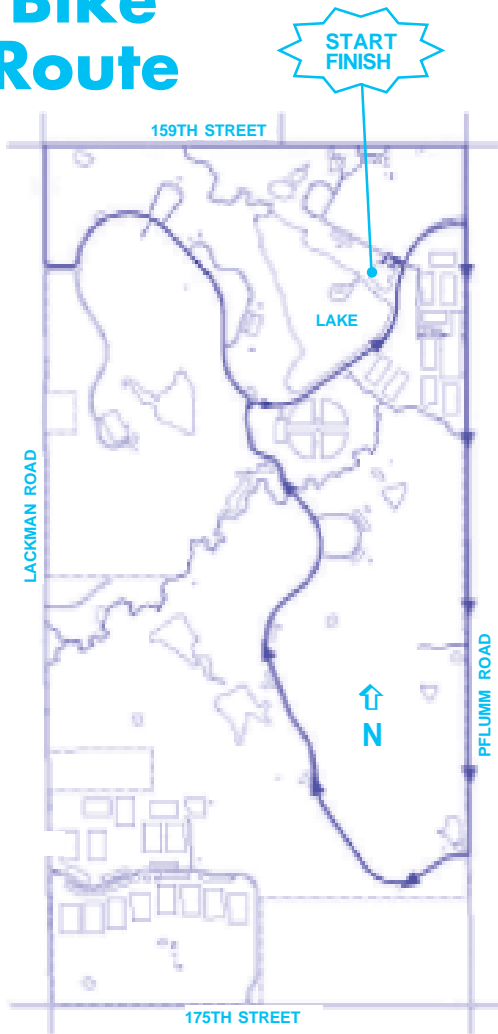


Bike Route



The cycling portion of the duathlon & triathlon is a three (3) loop course that leaves the transition area and exits the main park entrance on Pflumm Rd.

Turn right (south) and go approx. 1 1/2 miles to the south park entrance. Turn right into the park and follow the road north for approx. 1 1/2 miles. Go right at the main park road intersection, across the dam and continue past the marina, back out to Pflumm Rd. Repeat the same loop two (2) more times. On the last loop be prepared to turn left at the marina parking lot and return to the transition area.

The length of this course is approx. 11 1/2 miles once all three (3) loops are completed and you have reentered the transition area.

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Don't Miss These Events!

SHAWNEE MISSION TRIATHLON
July 13, 2008

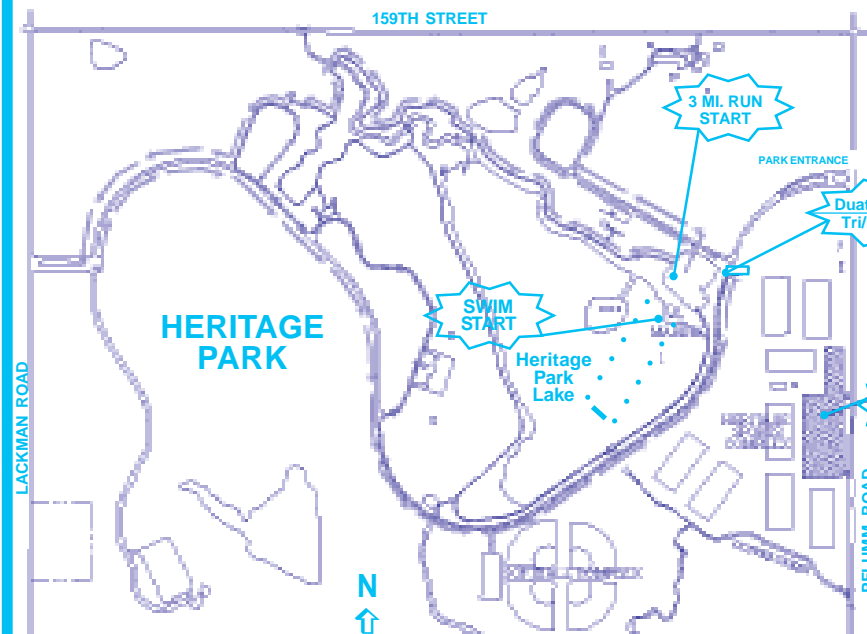
OLATHE MEDICAL CENTER WOMEN'S EXPO & TRIATHLON
at Kill Creek Park
September 13, 2008

For Special Events and Activities, go to
www.jcprd.com/activities/special_events.cfm

BikeSource Duathlon & Triathlon proceeds benefit the **KC BLAZERS SWIM TEAM**



Swim/Run Route



LEGEND & DESCRIPTION

SWIM (triathlon only)
One-third mile in Heritage Lake.

2 MI. DUATHLON RUN
(1st leg) Two miles clockwise, inside the park, on the park road and on a paved trail.

3 MI. RUN (triathlon & duathlon)
Three miles counterclockwise, inside the park, on the park road and on a paved trail.