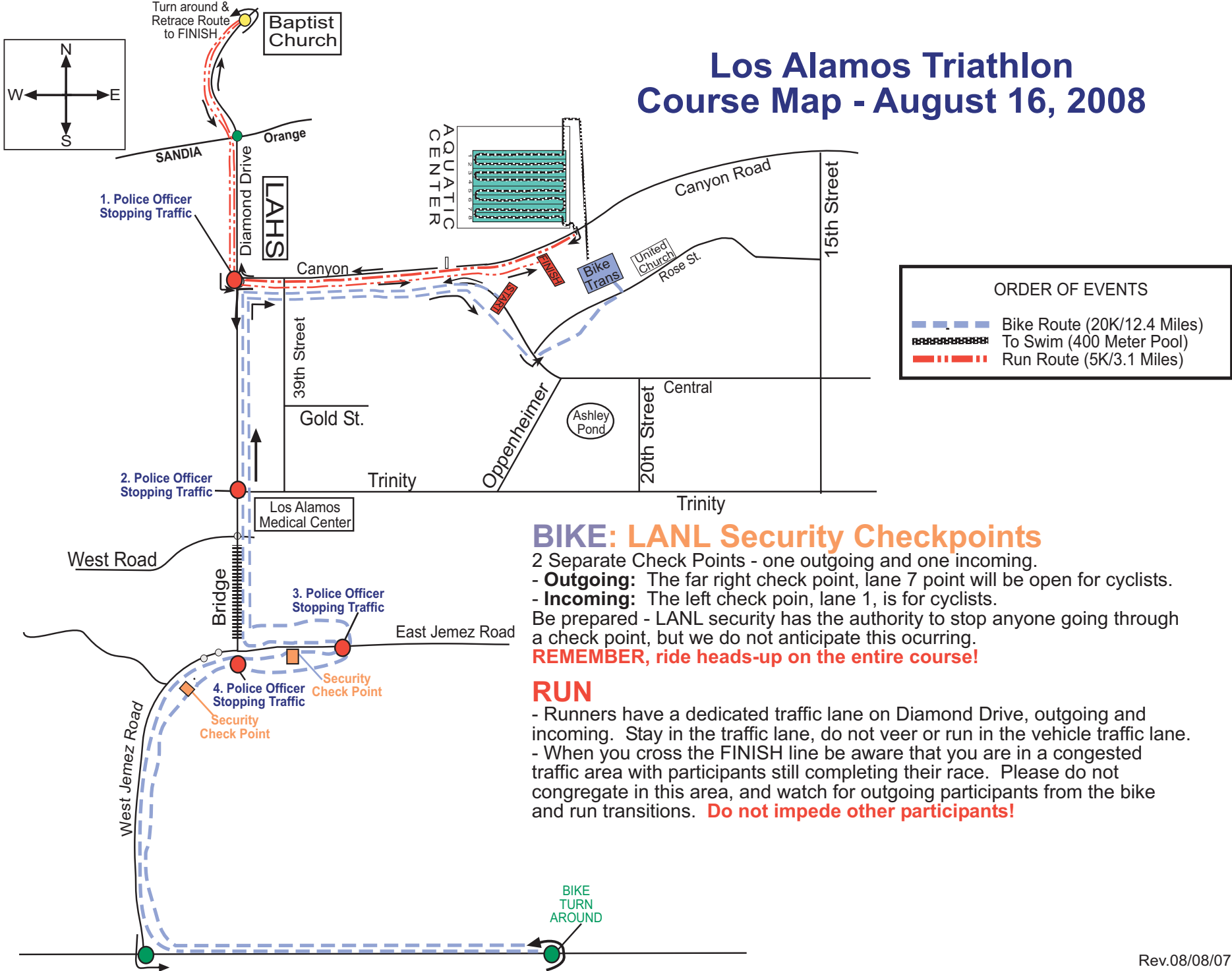


# Los Alamos Triathlon Course Map - August 16, 2008



**ORDER OF EVENTS**

- - - - - Bike Route (20K/12.4 Miles)
- . . . . . To Swim (400 Meter Pool)
- - - - - Run Route (5K/3.1 Miles)

## BIKE: LANL Security Checkpoints

- 2 Separate Check Points - one outgoing and one incoming.
- **Outgoing:** The far right check point, lane 7 point will be open for cyclists.
- **Incoming:** The left check point, lane 1, is for cyclists.

Be prepared - LANL security has the authority to stop anyone going through a check point, but we do not anticipate this occurring.  
**REMEMBER, ride heads-up on the entire course!**

## RUN

- Runners have a dedicated traffic lane on Diamond Drive, outgoing and incoming. Stay in the traffic lane, do not veer or run in the vehicle traffic lane.
- When you cross the FINISH line be aware that you are in a congested traffic area with participants still completing their race. Please do not congregate in this area, and watch for outgoing participants from the bike and run transitions. **Do not impede other participants!**