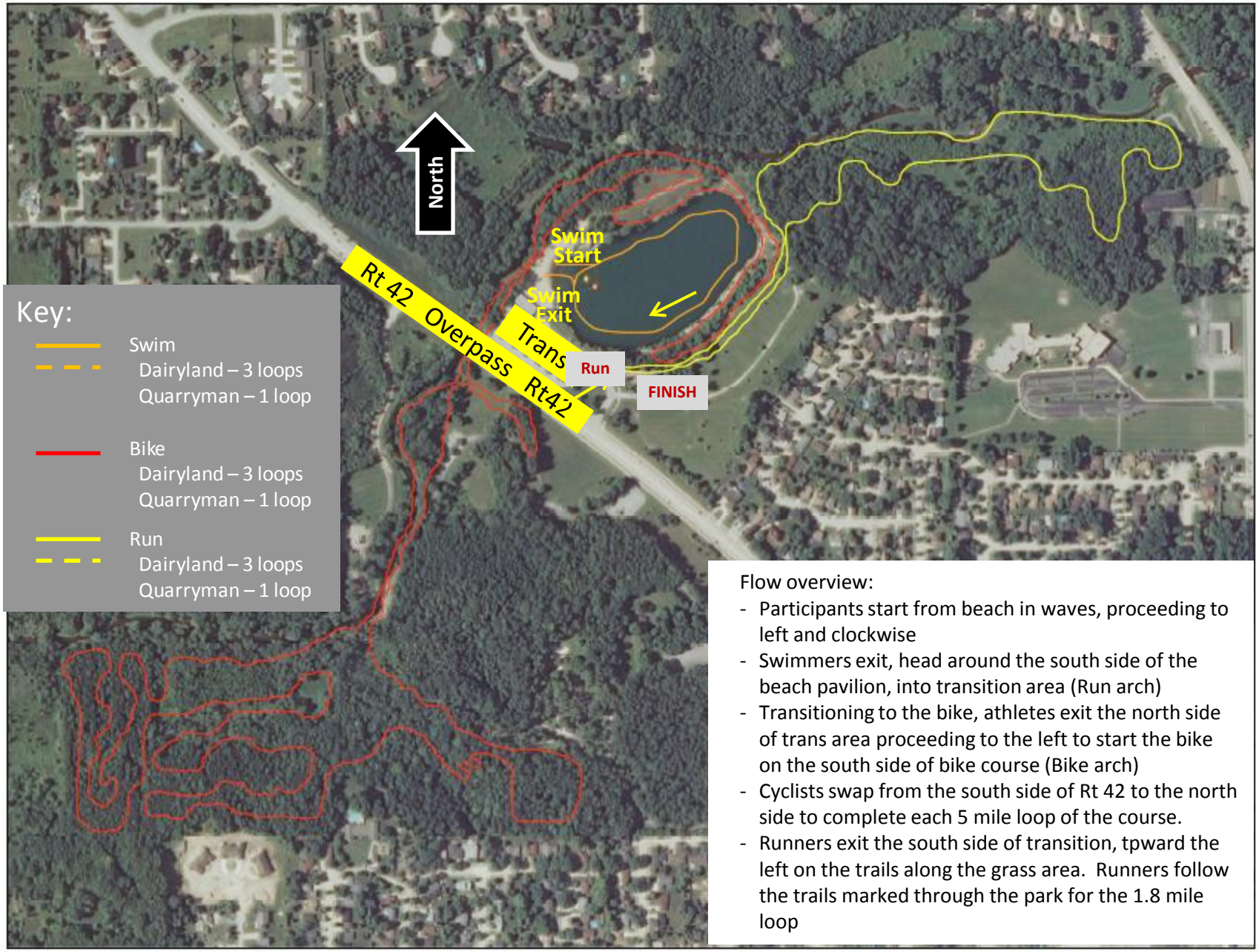
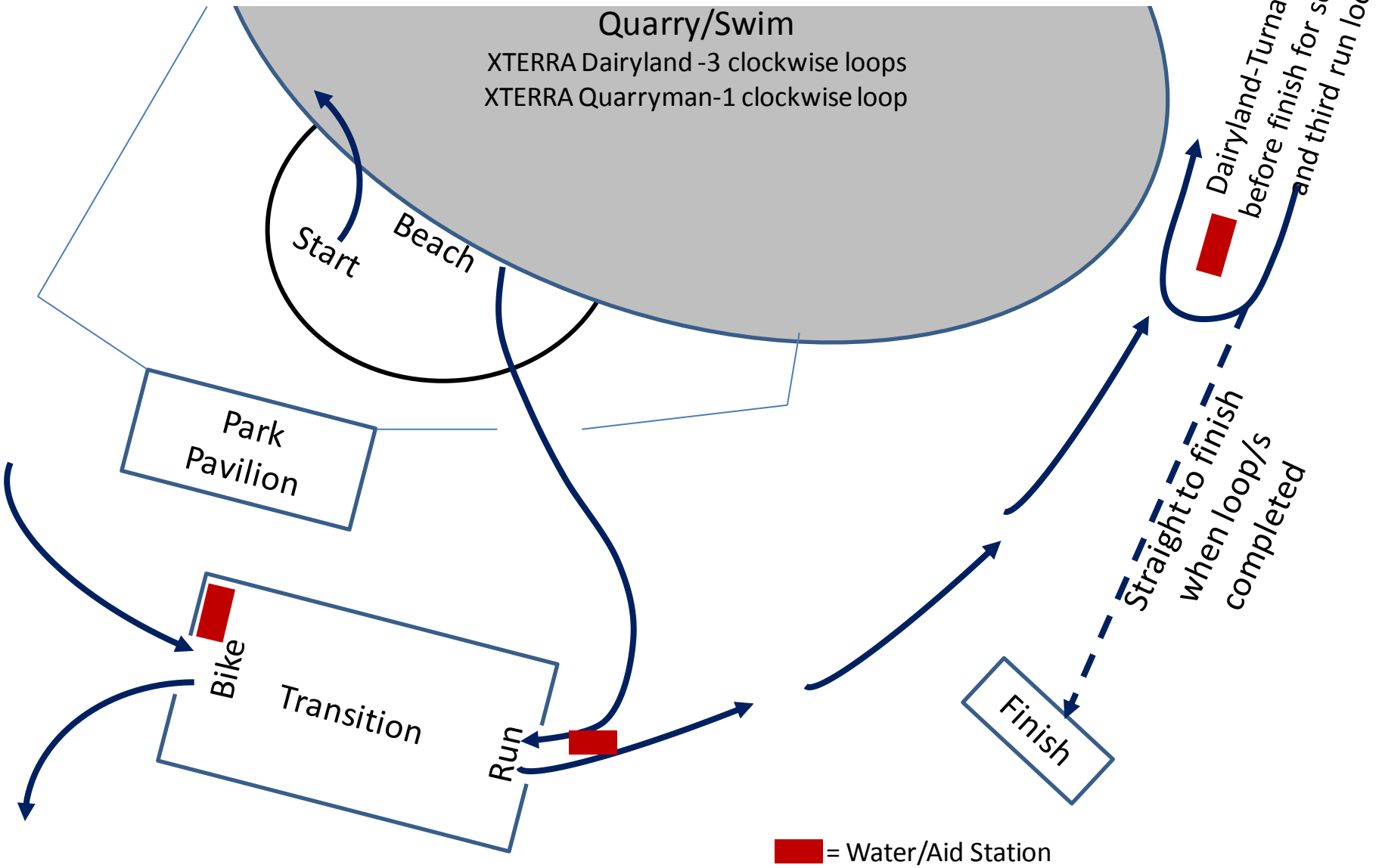
XTERRA Dairyland Courses



Flow overview:

- Participants start from beach in waves, proceeding to left and clockwise
- Swimmers exit, head around the south side of the beach pavilion, into transition area (Run arch)
- Transitioning to the bike, athletes exit the north side of trans area proceeding to the left to start the bike on the south side of bike course (Bike arch)
- Cyclists swap from the south side of Rt 42 to the north side to complete each 5 mile loop of the course.
- Runners exit the south side of transition, tpward the left on the trails along the grass area. Runners follow the trails marked through the park for the 1.8 mile loop

XTERRA Dairyland Routes

Swim – Transition – Bike – Run – Finish