



CULTUS LAKE Half Iron Run Map

Half Iron = 4 Loops



NORTH (BLUE) SECTION

1. ONLY TO START THE FIRST LAP: Leave TRANSITION AREA and run toward the Footbridge. Go over footbridge to Lakeshore Dr and turn RIGHT.
2. Turn LEFT onto Munroe Ave; run to turnaround and then back to Lakeshore Dr.
3. Turn right onto Lakeshore Dr and run to the end of the street and then back to the Footbridge, which will be on the right.
4. Run back along the beach (Lakeshore Path) to ★ Join and stay on the Sprint & Olympic course for the rest of the 4 loops; do NOT repeat the blue section again!

 = HALF IRON COURSE BEGINNING OF FIRST LOOP ONLY
 = SPRINT & OLYMPIC COURSE HALF IRON COURSE: 4 LOOPS

