

FINISH THE RACE 2020!



COURSE MAPS
& MARKINGS
PROVIDED BY



PRESENTED BY  Door County Medical Center

VOLUNTEERS
PROVIDED BY



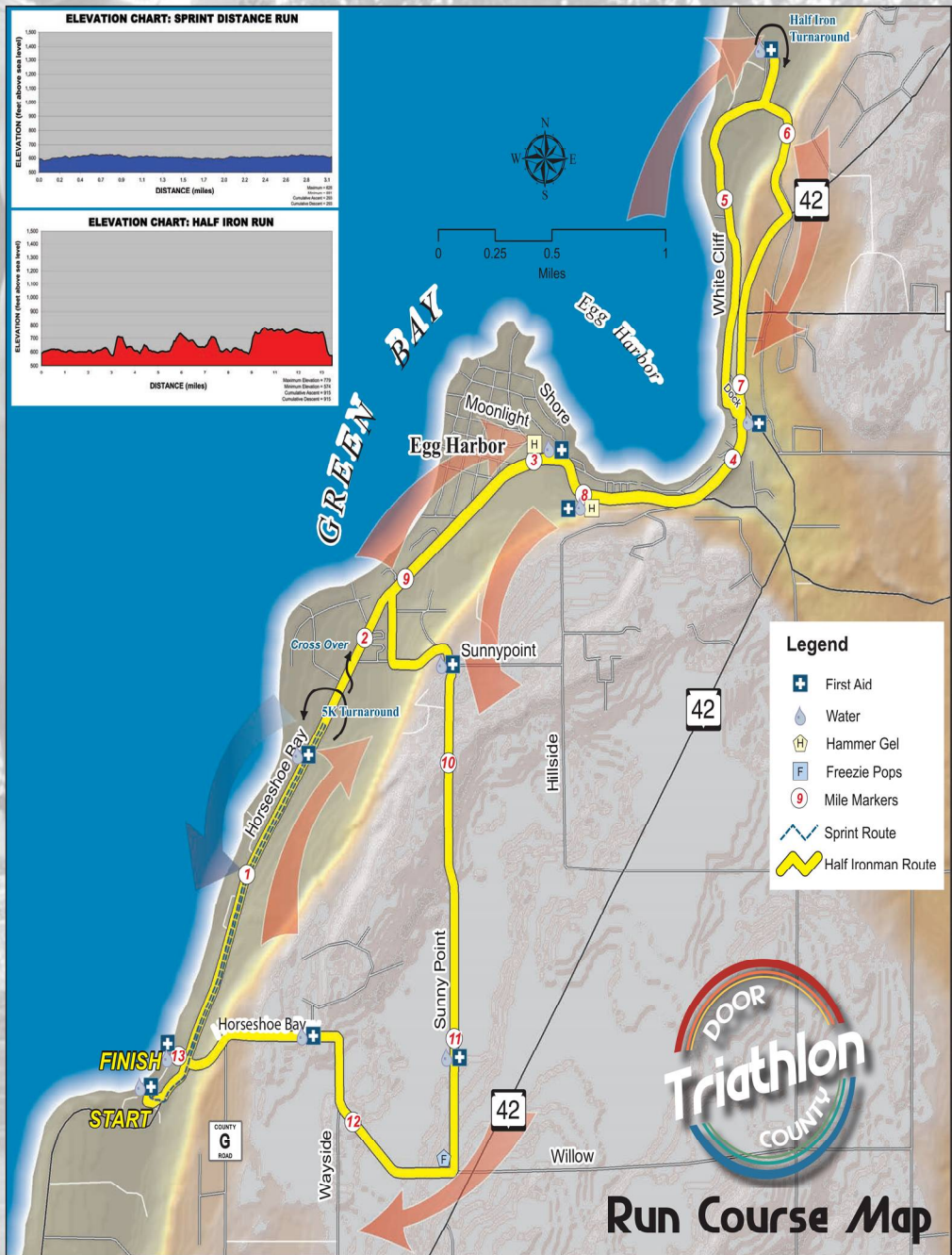
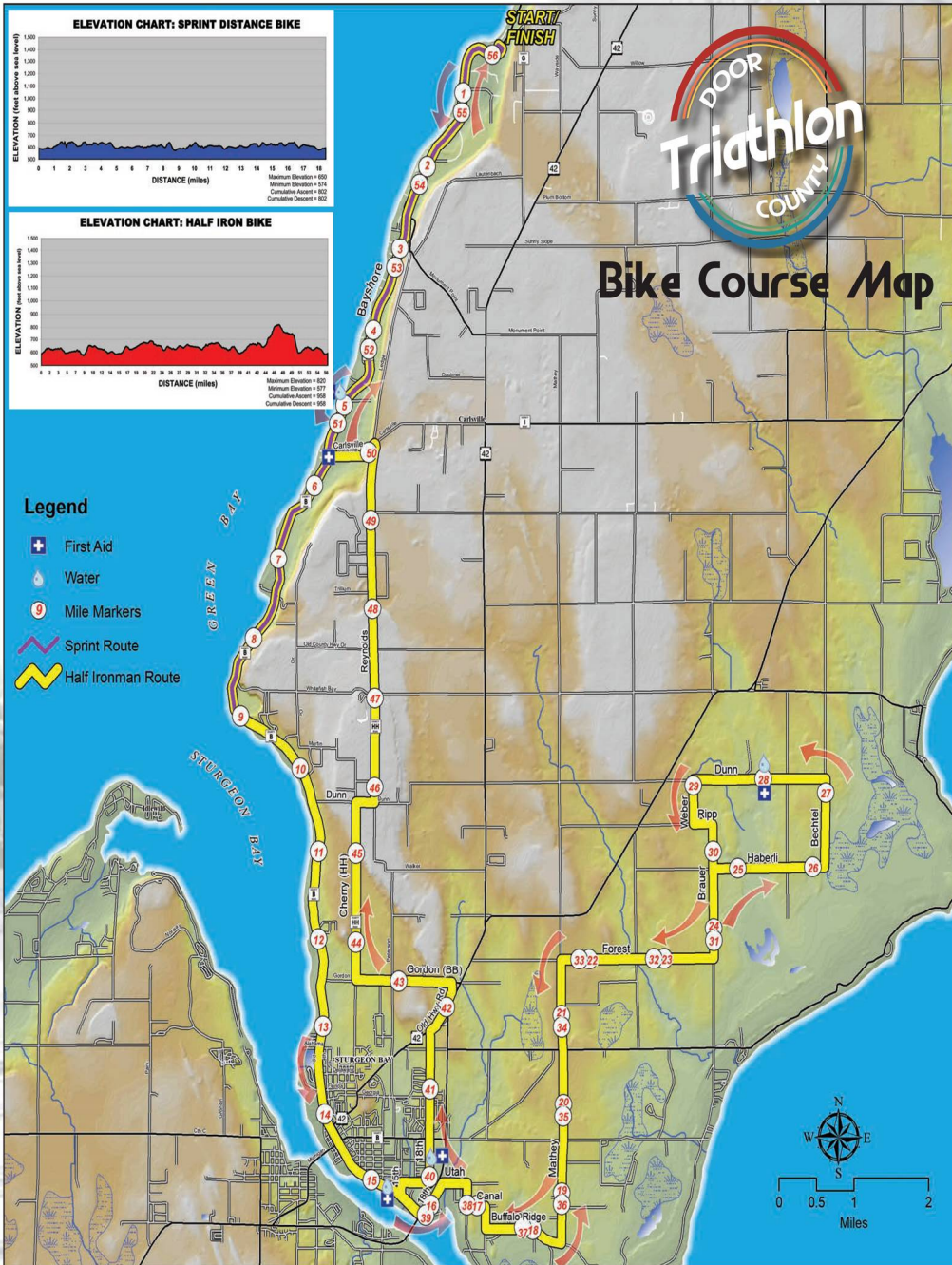
MYTEAM
TRIUMPH
WISCONSIN CHAPTER

COURSE MAPS

SWIM COURSE



-  **SPRINT COURSE**
0.25 Miles
Beach to buoy to boat launch
-  **HALF IRON COURSE**
1.2 Miles
Beach to buoy to boat launch
to beach (parallel shoreline)
= 0.4 miles x **THREE LOOPS**



IMPORTANT REMINDERS IMPORTANT REMINDERS

- ~ This is not an official, sanctioned event. We are just providing course maps.
- ~ There are no lifeguards at Murphy Park. Swim at your own risk.
- ~ There are NO CLOSED ROADS.
- ~ There are no public safety officers, medical staff or volunteers manning intersections.
- ~ Be alert for motorists. Obey all traffic signs. Follow all rules of the road.
- ~ There are no fluid/water/medical stations on the bike and run. Carry fluids with you!

IMPORTANT REMINDERS IMPORTANT REMINDERS

- ~ Lock up your bicycle and personal belongings when not in Murphy Park.
- ~ Celebrate with family and friends when you finish!
- ~ Post & tag your achievement to the DCT Facebook & Instagram page! #dctvirtual2020
- ~ Donate to myTeam Triumph for staffing Triathlon Training Days this summer : www.myteamt Triumph-wi.org/door-county-triathlon-training-days
- ~ 2020 Triathlon Training Days: June 13, June 27, July 11, July 18, August 1, August 15