

# Deer Creek Triathlon & Duathlon

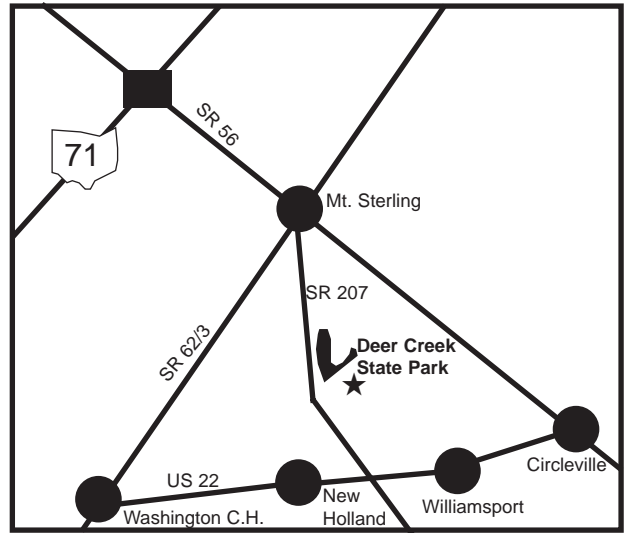
Tri Olympic: 1500m Swim - 40k Bike - 10k Run  
 Tri Sprint: 750m Swim - 20k Bike - 5k Run  
 Du Olympic: 5k Run - 40k Bike - 10k Run  
 Du Sprint: 5k Run - 20k Bike - 5k Run

## Hotel/Motel Information

Ameri Host Inn	740-948-9500	Jeffersonville
Deer Creek Resort	800.ata park	Mt. Sterling
Best Western	614.875.7770	Grove City
Cross Country Inn	614.871.9617	Grove City

## ☆ Police or Rangers

- Bike Course (20k - 12.4mi - 1 Lap)
- Bike Course (40k - 24.8mi - 2 Laps)
- ..... Run Course 5k & 10k
- T.A. Transition Area



Deer Creek State Park is where everything gets started in the **Wheelie Fun Triathlon and Duathlon Series**. This course is a mostly flat and fast course with some rolling hills on the bike. Triathletes will be swimming a 750 meter rectangle course (2-laps Olympic, 1-lap Sprint) in Deer Creek Lake. The Duathletes opening 5k run is out and back featuring a run across the Deer Creek Dam Levy. So, don't forget your cross country legs. The bike courses are on mostly local country roads (20k Sprint, 40k Olympic). The race finishes with an out and back run that crosses the Deer Creek Dam Levy and heads onto a local country road. The run course is almost completely flat but does require extra effort when crossing the grassy dam levy. This race is a perfect "first race of the season" race to get you ready for an exciting season of racing.

