

East Fork 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

| | |
|-----------------------|--------------|
| Holiday Inn East Gate | 513-752-4400 |
| Days Inn East | 800-325-2525 |
| Cross Country Inn | 800-621-1429 |
| Red Roof Inn | 800-843-7663 |

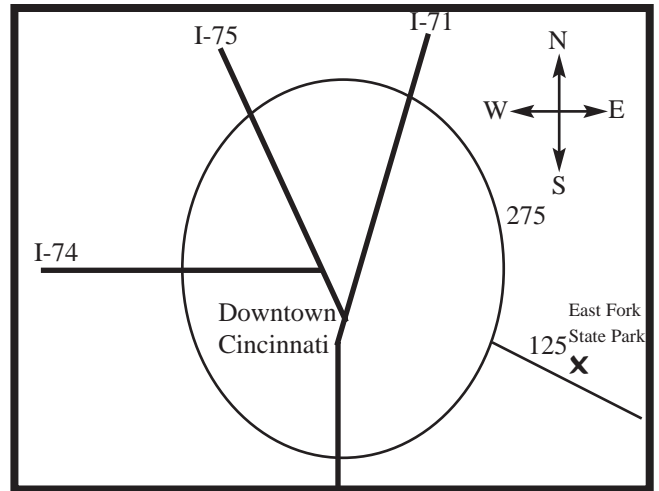
+ Police or Rangers

----- Bike Course (40k - 24.8mi)

----- Bike Course (20k - 12.4mi)

..... Run Course 5k (1 lap) & 10k (2 Laps)

T.A. Transition Area



The fourth stop on the **Wheelie Fun Triathlon and Duathlon Championship Series** is at **East Fork State Park**. This Triathlon and Duathlon have been a Cincinnati tradition for 25 years. Triathletes will start off with a 750 meter rectangle swim (1-lap Sprint, 2-laps Olympic) in East Fork Lake. Duathletes will start off with challenging 5k out and back run. The bike courses are very fast and roll along on country roads east of the park. The final run is an out and back 5k run that features a big hill at the start, then levels out for the remaining run (1-lap Sprint, 2-laps Olympic).

Directions: From Columbus - Travel I-71 South approx. 80 miles to I-275 south. Take I-275 another 15 miles to the Route 125 exit. Go east on route 125 for approx. 15 miles to the East Fork State Park main entrance (Don't follow signs to the campground).
From Cincinnati - Take I-275 east to the Route 125 exit. Go east on route 125 for approx. 15 miles to the East Fork State Park main entrance (Don't follow signs to the campground).

