



# LITTLE SMOKIES Half Iron

Sunday, May 23 - 7:30am

**HALF IRON DISTANCE**

**1.2mi Swim - 55.5mi Bike - 13.1mi Run**

### MAP KEY

 **Bike (2-laps)**

 **Run (2-laps)**

 **Transition Area**

## COURSE DESCRIPTION

**SWIM:** The 1.2 mile swim is a counter clockwise loop course featuring a dry land start. *Wetsuits Allowed* - water temperature ranges from upper 50's to upper 60's.

**BIKE:** The 55.5 mile bike is a challenging 2-lap course passing through the fabulous Shawnee State Forest passing along Harber Creek valley on rolling paved fire roads before climbing up through Rock Lick Hollow. The backside of the course is another rolling section through the Bear Creek valley before climbing back out of the valley on Route 125. This course is very twisting and turning and requires good bike handling skills. Come with the proper gearing (42x25-rear) on your bike or you're not going to have much fun.

**RUN:** The 13.1 mile run is a 2-lap out and back course on the park fire road (some parts gravel/dirt, some paved).

