



1st Annual Pass It Along Triathlon

Saturday, July 31st, 2010
Lake Mohawk Country Club, Sparta, NJ

.5 mile SWIM  **10.8 mile BIKE**  **3.1 mile RUN** 

Timing Provided
by CompuScore

SAVE THE DATE

RACE COURSE SUMMARY

Swim (.5 mile) - Beach 1, Lk Mohawk

Bike (10.8 miles) – West Sh. Tr. (heading southwest) for 4.7 miles, Andover Mohawk Rd (heading west) for 0.83 miles, Perona Rd (heading north) for 1.5 miles, Andover Rd (heading north) for 1.6 miles, Sparta Ave (heading north) for 1.53 miles, Mohawk Ave to Lake Mohawk Plaza and right onto West Shore Tr back to Beach 1

Run (3.1 miles) – West Sh Tr (heading east) for 0.10 miles, East Shore Tr (heading south) for 1.5 miles, turnaround and back to Lake Mohawk Plaza for finish

Date/Time: Saturday, July 31st 2010, 7am Sharp

Start & Finish: Lake Mohawk Country Club, Sparta

Registration open for individual and relay team entries – Race closes at 300 entries

For more information, please call:

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or go to our website:

www.passitalong.org & click on Triathlon



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