



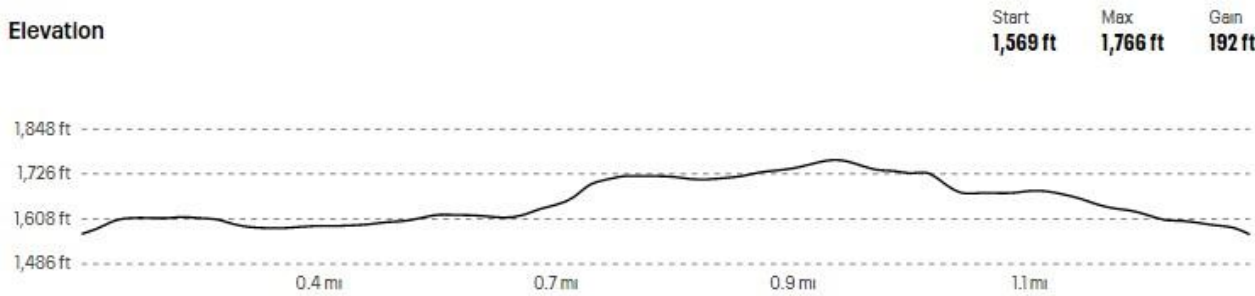
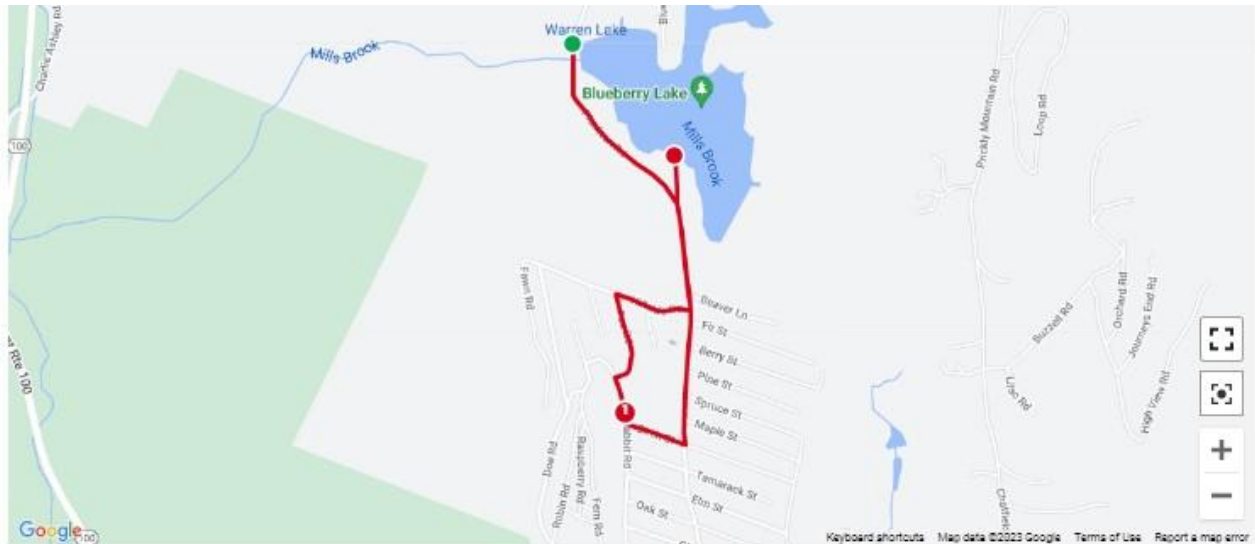
GMVS Triathlon

Start time: 8:30 AM

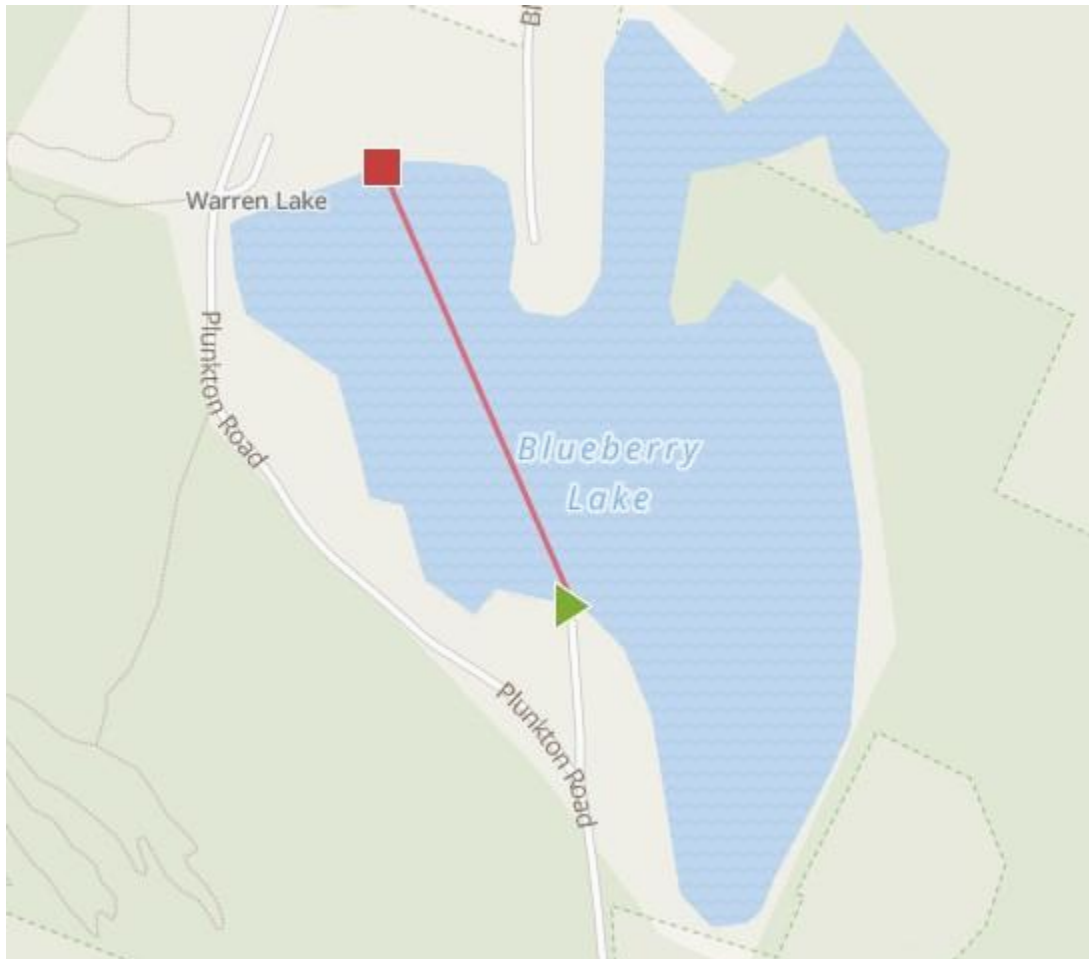
Location: Blueberry Lake / Blueberry Lake bike trails
Start/Finish from West lot 1825 Plunkton Rd, Warren, VT 05674
44.080125, -72.837901

Course: Run → Swim → Bike

RUN: (1.67mi / 192 ft. climbing) Start on Plunkton Road at the 1825 Parking lot. Head south. Turn right on Hillside Road, left on Fox Road (more of a mown path), left on Rabbit Road, left on Birch Road, left on Plunkton Road, right into southern access to Blueberry Lake. Transition to swim or paddle!



SWIM OR PADDLE: (.25mi) Enter water at southern Blueberry Lake Access (we will have running gear collection bins at the waterfront and will transport anything you leave behind back to the start/finish area for you). Swim northwest toward the 1825 Parking Lot. There will be a GMVS flag at the swim finish and safety monitors in kayaks along the course. Exit the water at the flag, walk/jog up the (grassy) trail to the parking lot for the transition to mountain bike course!



BIKE: (3mi / 334 ft climbing) Head west from the 1825 parking lot, directly across Plunkton Road (we will have traffic monitors but please exercise caution as well). You will enter the woods on Tootsie Roll. Take your first left on Lenord's Loop Access. Continue until you reach a split in the trail where Lenord's goes both right and left - you will stay right. Continue on Lenord's Loop until you reach Flying Squirrel - take a right onto Flying Squirrel. Take a right on Gravel Pit (steeper, loose rock - use caution). When Gravel Pit meets Plunkton Road at the bottom go left, using caution as you cross the south-bound lane (we will have traffic control but again, please be careful). Make a right into the 1825 parking lot and cross the finish line!

