



# RUN COURSE

A YMCA of Columbia Race Series Event  
Owens Agency YMCA Sprint Triathlon

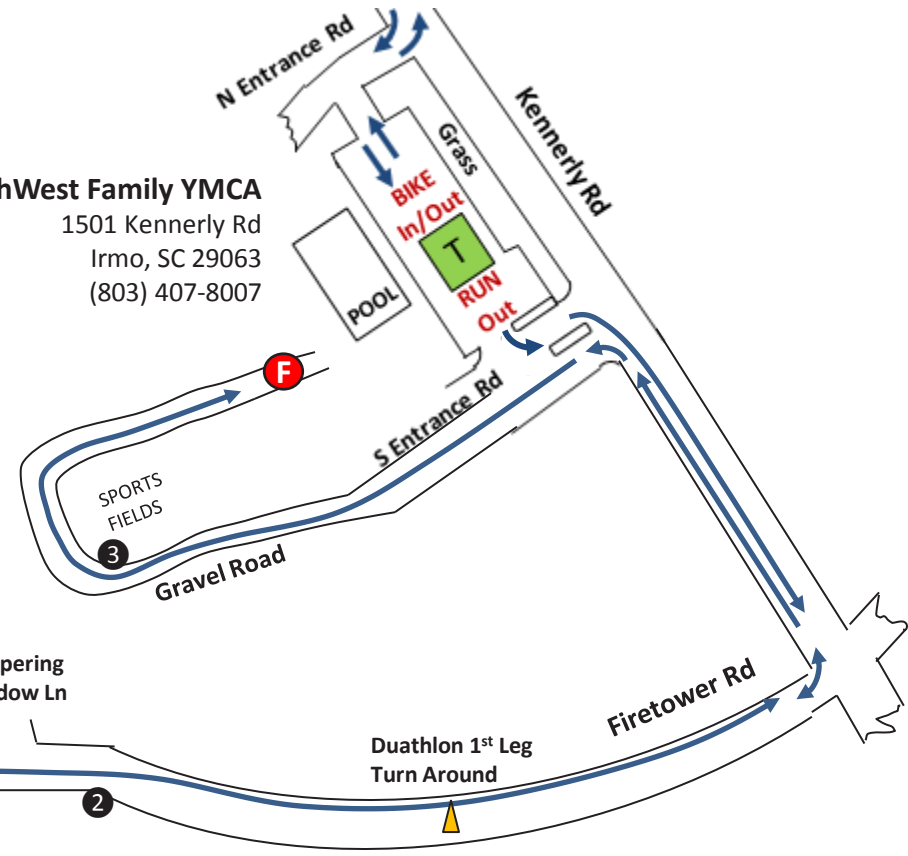
*Triathlon Length:*

350-yard pool swim, 13-mile bike, 3.1-mile run

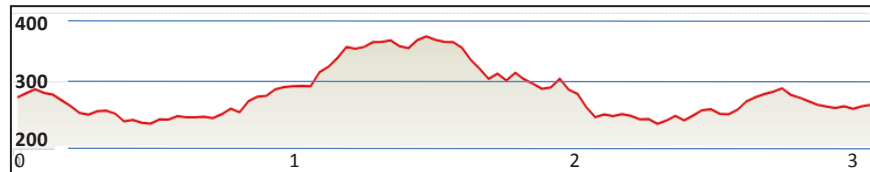
*Duathlon Length:*

1-mile run, 13-mile bike, 3.1-mile run

NorthWest Family YMCA  
1501 Kennerly Rd  
Irmo, SC 29063  
(803) 407-8007



RUN ELEVATION PROFILE (FEET)



MAP NOT TO SCALE

### RUN COURSE DESCRIPTION

The 3.1 mile run exits South end of the transition area to Kennerly Road for ¼ mile. Firetower Road is a scenic, out-and-back with areas of shade. It's a quiet country road with a few hills guaranteed to get your heart pumping. There will be volunteers and a water station at the turn around. On the return, you pass the transition area and tennis courts to a flat packed gravel road around the West side of the Y. At mile 3 you will have a nice view of the Finish Line celebration.

**Duathlon:** First leg is 1 mile out-and-back to the transition area. Second run leg is the full 3.1 mile course.



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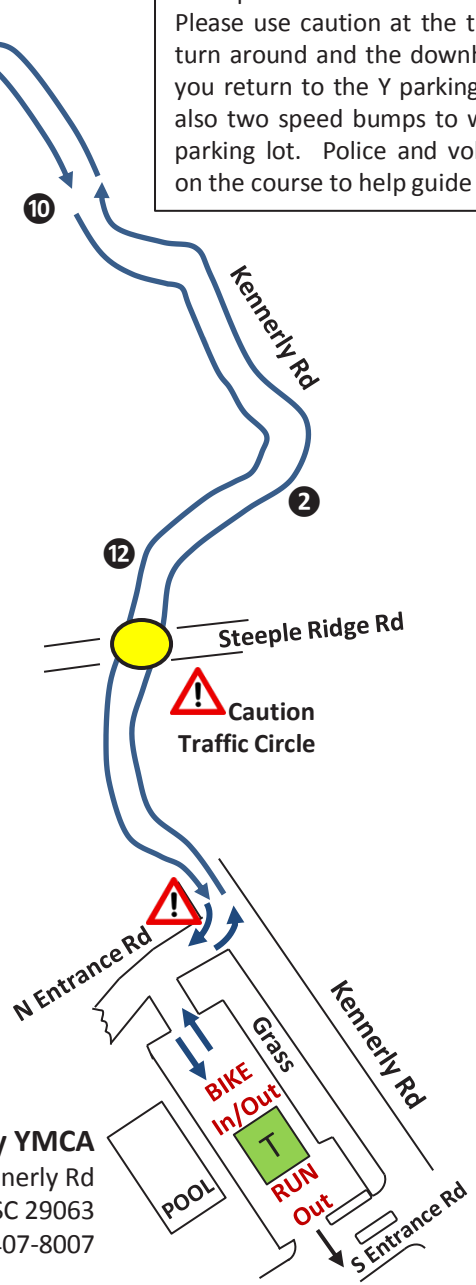
[www.columbiaymca.org](http://www.columbiaymca.org)



# BIKE COURSE



**BIKE COURSE DESCRIPTION**  
 A 13 mile, scenic, out-and-back on Kennerly Road. With good road surfaces, a few rolling hills and no turns the course is ideal for experienced as well as new cyclists. Please use caution at the traffic circle, the turn around and the downhill right turn as you return to the Y parking lot. There are also two speed bumps to watch for in the parking lot. Police and volunteers will be on the course to help guide you.



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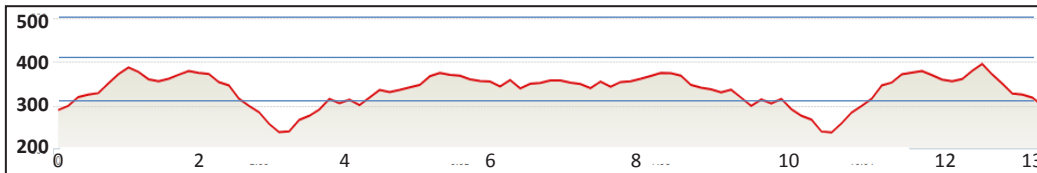
*Triathlon Length:*

350-yard pool swim, 13-mile bike, 3.1-mile run

*Duathlon Length:*

1-mile run, 13-mile bike, 3.1-mile run

**BIKE ELEVATION PROFILE (FEET)**



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MAP NOT TO SCALE

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