

MaxTrax Run Course Directions:

- The run will begin in the east end of the parking lot, just outside the transition area.
- Athletes will start on the pavement, then turns left through the grass and then onto the paved fitness trail.
- Follow the trail past the softball/baseball fields.
- The trail will corner to the right and head south, parallel to the East Parking Lot.
- The trail will “Y” at Shelter 1, turn right.
- Once into the woods, turn left and pass over a bridge.
- Follow the trail around the back side of the park until it comes to another “Y”.
- Turn left and head south.
- Take an immediate right onto Bear Creek Trail (gravel); this is where you will begin the out and back section of the run course.
- Short course will follow the trail for $\frac{1}{4}$ mile out, then turn around and head back to the Park.
- Long course will follow the trail for $\frac{3}{4}$ miles, before turning around and heading back to the park. Long course athletes: while on Bear Creek Trail, the trail will go down a steep hill and take a sharp right, then crosses a bridge. Turn left at the “Y” after the bridge and continue on the trail. When you are near the Long Course turn around, the trail will turn left and become a sidewalk which runs parallel to Northland Drive. Continue until the end of the sidewalk, this will be the Long Course turn around point. Retrace your steps to return to the Park.
- After you complete your out and back section on Bear Creek Trail, athletes will turn left onto the fitness trail of Oakland Park.
- Go straight where the trail “Y”, heading north.
- The trail will “S” before getting to the long gradual hill (next to the Tennis Courts and Swimming Pool) that will lead back to the transition area/finish area.
- Once at the top of the hill, you will turn left to transition or right to finish.

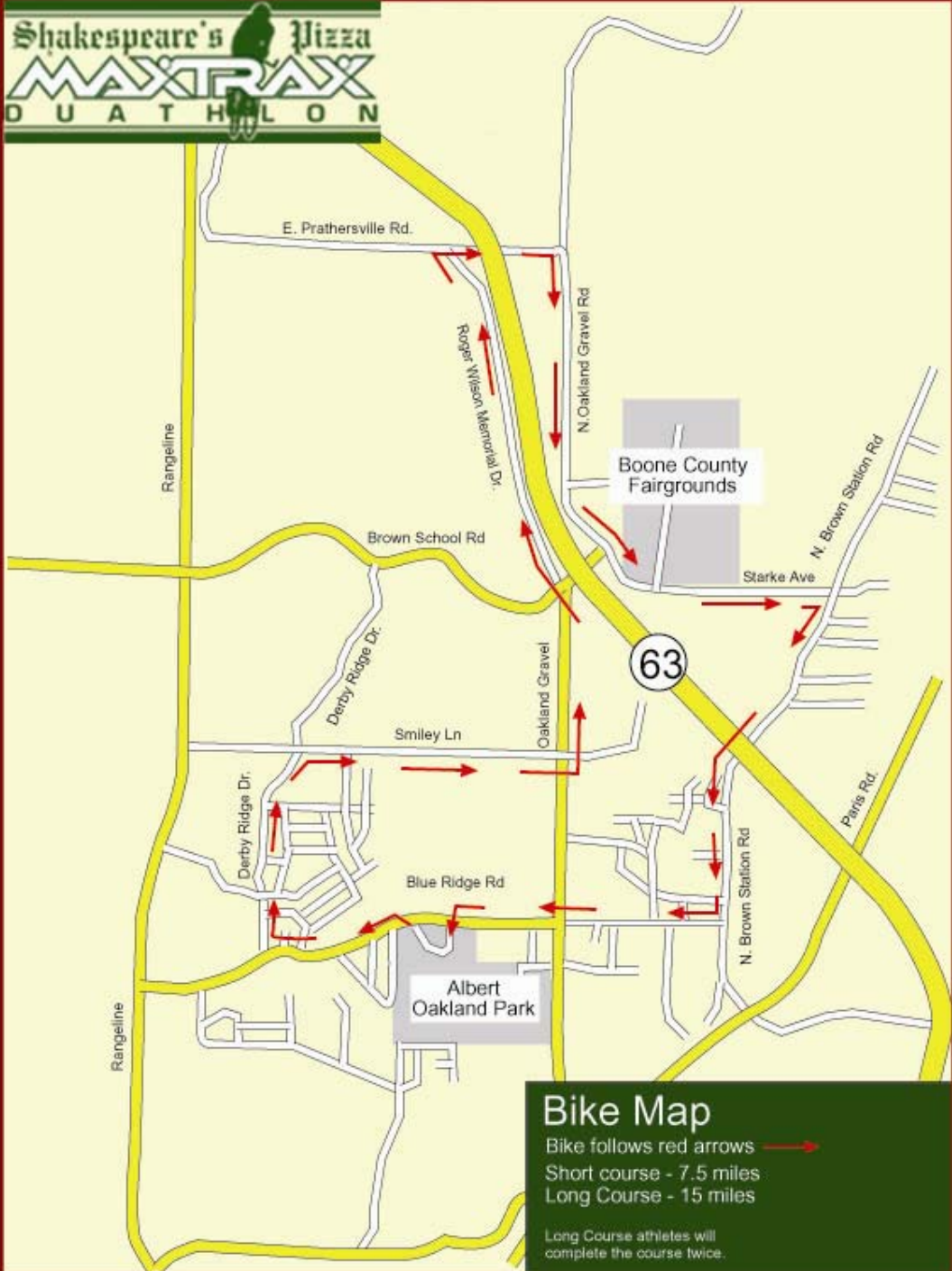


Run Course
 Run follows red arrows →
 Short course - 1.5 miles
 Long Course - 2.5 miles
 The short course turns around at the beginning of Bear Creek trail, the long course goes an extra .75 miles on Bear Creek Trail.

MaxTrax Bike Course Directions:

- Athletes will exit out of the west end (closest to the Pool) of the Transition Area.
- Exit the park by turning left onto Blue Ridge Road.
- Go straight at the stop sign at Blue Ridge Rd and Skylane Drive.
- Turn right onto Derby Ridge Drive.
- Turn right onto Smiley Lane.
- Turn left on Oakland Gravel Road.
- Go straight at the 4-way stop intersection at Oakland Gravel and Brown School Road; where Oakland Gravel Road turns into Roger Wilson Memorial Drive.
- Turn right onto E Prathersville Road.
- Cross over Highway 63.
- Turn right on North Oakland Gravel Road.
- Go straight at the intersection of Oakland Gravel Road and Brown School Road. This is where Oakland Gravel Road turns into Starke Avenue.
- Turn right on North Brown Station Road.
- Turn right on Blue Ridge Road.
- Go straight at the 4-way stop intersection at Blue Ridge Road and Oakland Gravel Road.
- Once back to Albert Oakland Park...Short course athletes will turn left into the first entrance of the park and up to the transition area. Long course athletes will pass the entrance the first time through and stay on Blue Ridge Road to begin the second loop.

Shakespeare's Pizza
MAXTRAX
QUATHLON



Bike Map

Bike follows red arrows →

Short course - 7.5 miles

Long Course - 15 miles

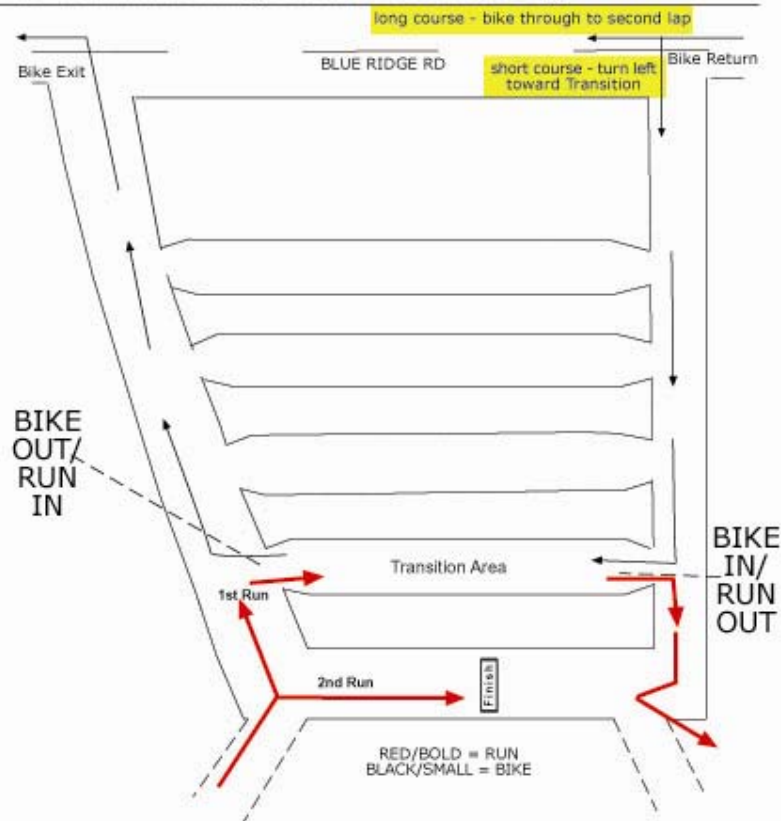
Long Course athletes will complete the course twice.

MAXTRAX TRANSITION AREA

Following the first leg* of the run, you will enter the Transition Area (TA) at the RUN IN door, get your bike, and walk it to the BIKE OUT door. You will then proceed onto Blue Ridge by turning left at the park entrance (*long course - following the first LAP of each run leg, you will run through the lower parking area and back onto the run course...you will follow the directions above after completing your second LAP of the first run).

Following the bike leg, you will enter the TA at the BIKE IN door, rack your bike, then exit the TA through the RUN OUT door (*long course - following the first LAP of the bike leg, you will continue straight on Blue Ridge, past the park entrance, and head bike out onto the course...you will follow the directions above after completing your second LAP of the bike).

Following the second leg of the run, you will enter the Finish Chute immediately upon returning to the parking lot area (*long course - you will complete a second LAP of the run, as noted above... you will enter the Finish Chute following the second LAP of the second run leg).



Transition Layout