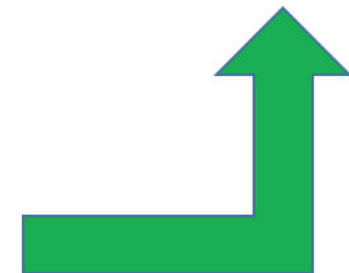
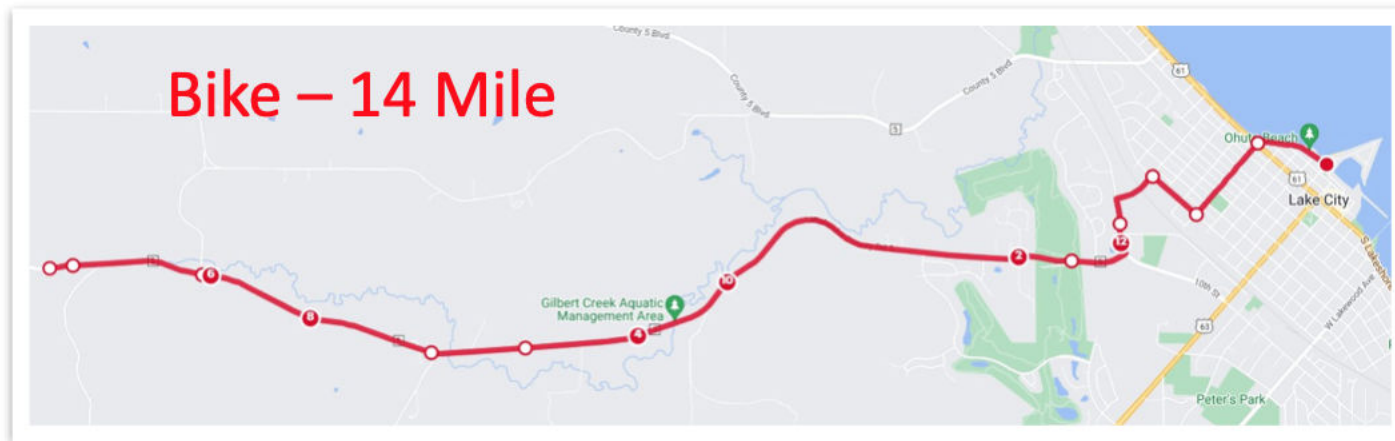
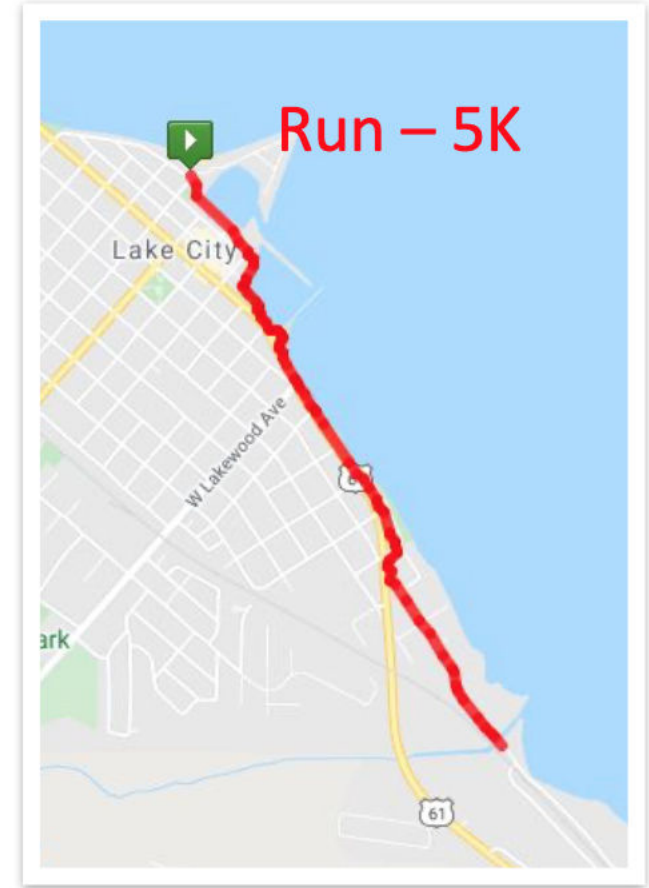
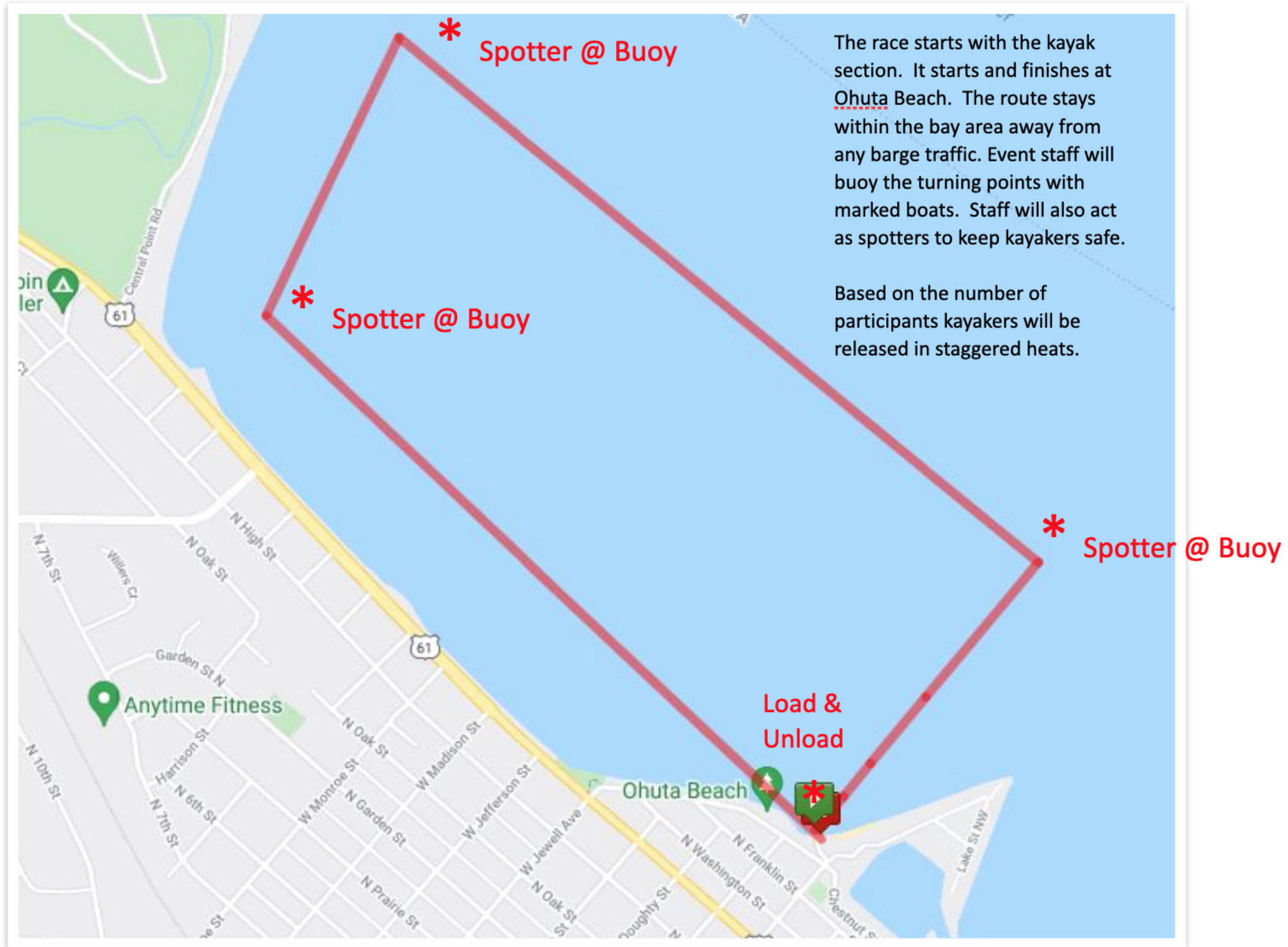


# 2023 Lake City Y-Knot Tri Triathlon (Paddle-Bike-Run)



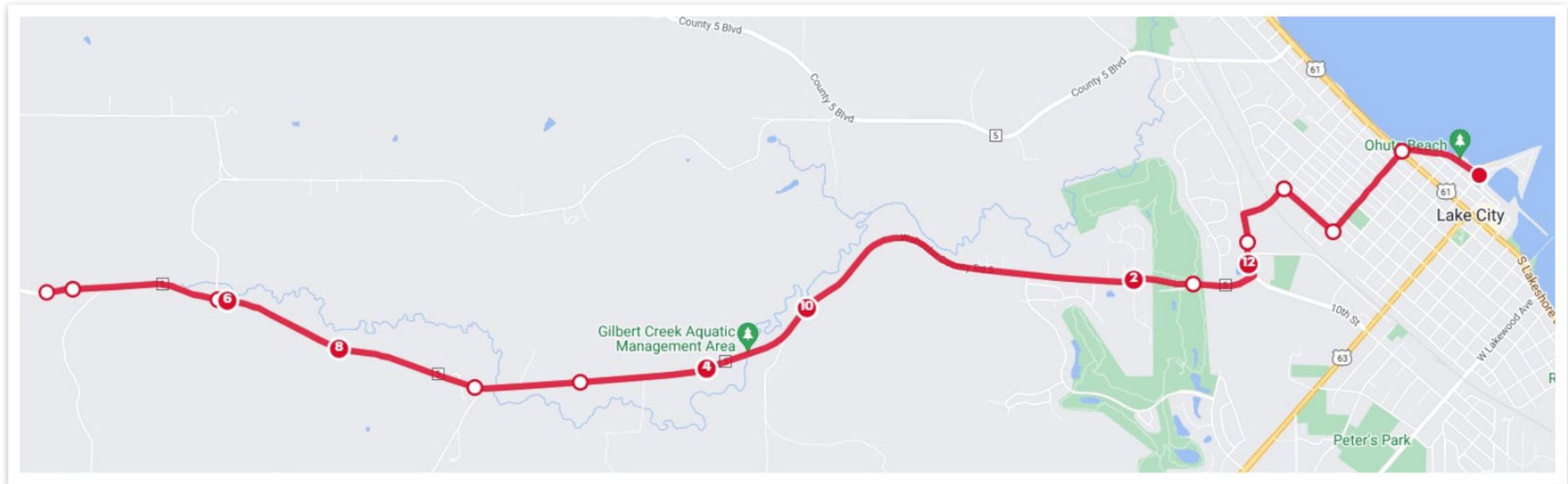
\* Volunteer

# Paddle Section – 2.5 miles



# Bike Section – 14 miles

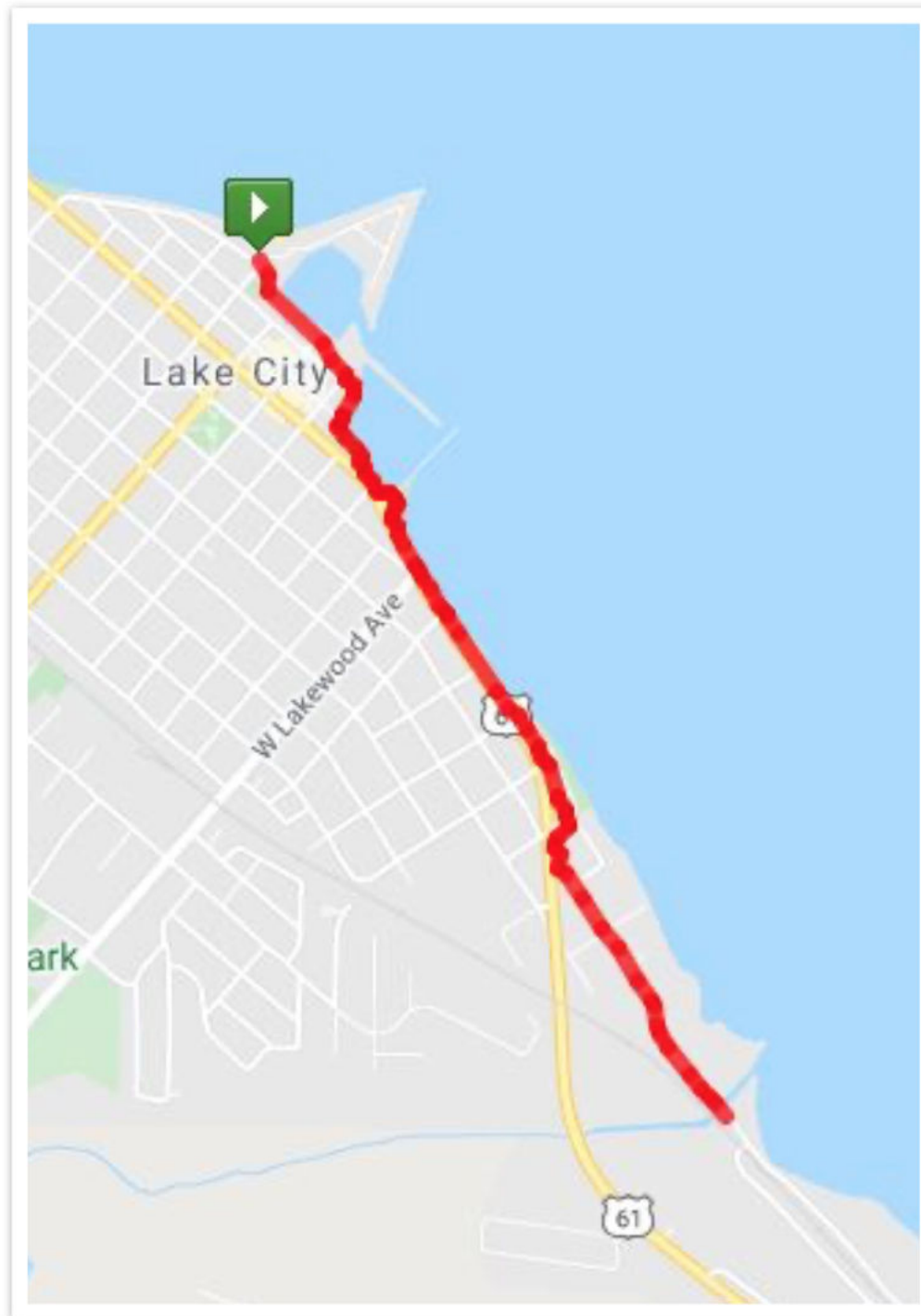
Out and back on Wabasha Cty. Rd. 5



The kayak section transitions to the bike section at Ohuta Beach. It's an out and back section. It starts down Park Street, crosses Hwy, 61 and up Jewel Ave. Riders turn right on 7<sup>th</sup> Street and left on Monroe to 10<sup>th</sup> Street. At 10<sup>th</sup> Street riders turn left and right again on Wabasha Cty. Rd. 5. Riders will go out until the blacktop ends, turning around and back the same way. The bike section will not be a closed course and major intersections & crossing will be monitored by event staff.



# Run Section – 5K (3.2 miles)



The bike section transitions to the run section again at Ohuta Beach. This route is also an out and back traveling south. Runners will start down E. Chestnut and turn left on Franklin Street. At the corner of Franklin & Marion runners will be directed through a section of the marina parking lot. On the south runners will transition onto the side walk / trail through McCahill Play Park and south along Hwy 61 on the trail. Runners will continue on the trail through Roschen Park until the trail ends at south Oak Street. Runners will be controlled to continue on Oak Street S. Just past the bridge, runners will be directed to turn around and return to Ohuta along the same route