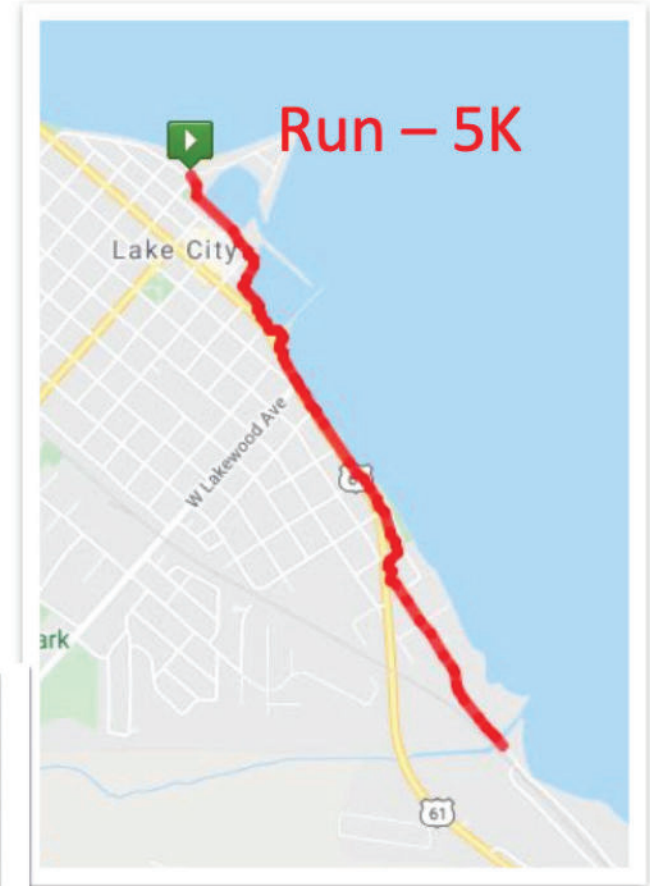
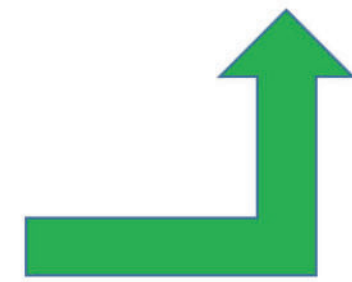
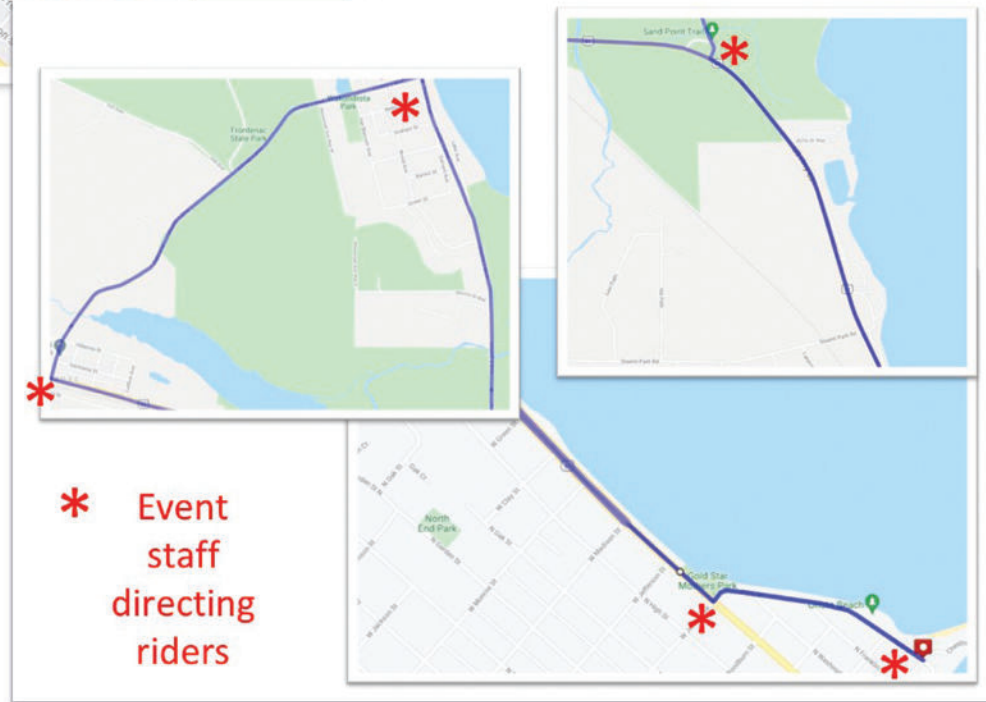


2023 Lake City Y-Knot Tri Triathlon (Paddle-Bike-Run)

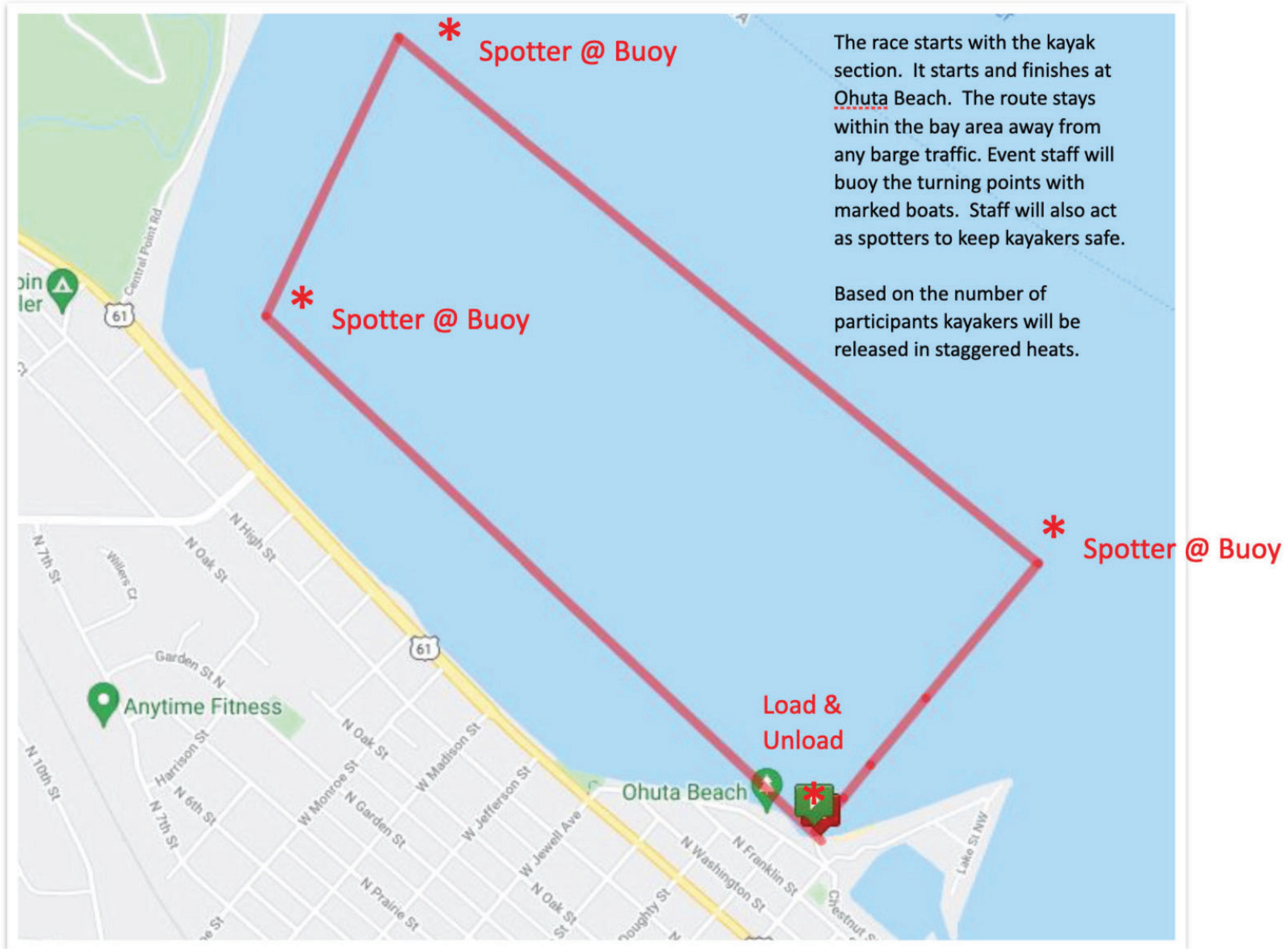


Bike 14 Mile

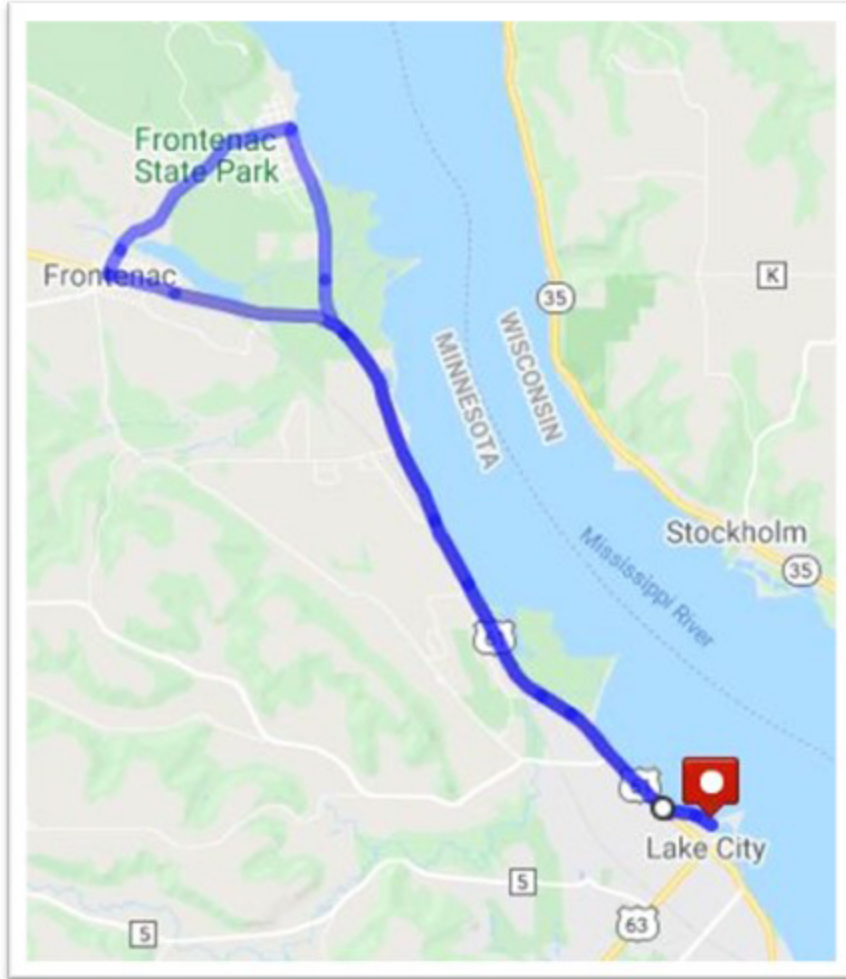


* Volunteer

Paddle Section – 2.5 miles

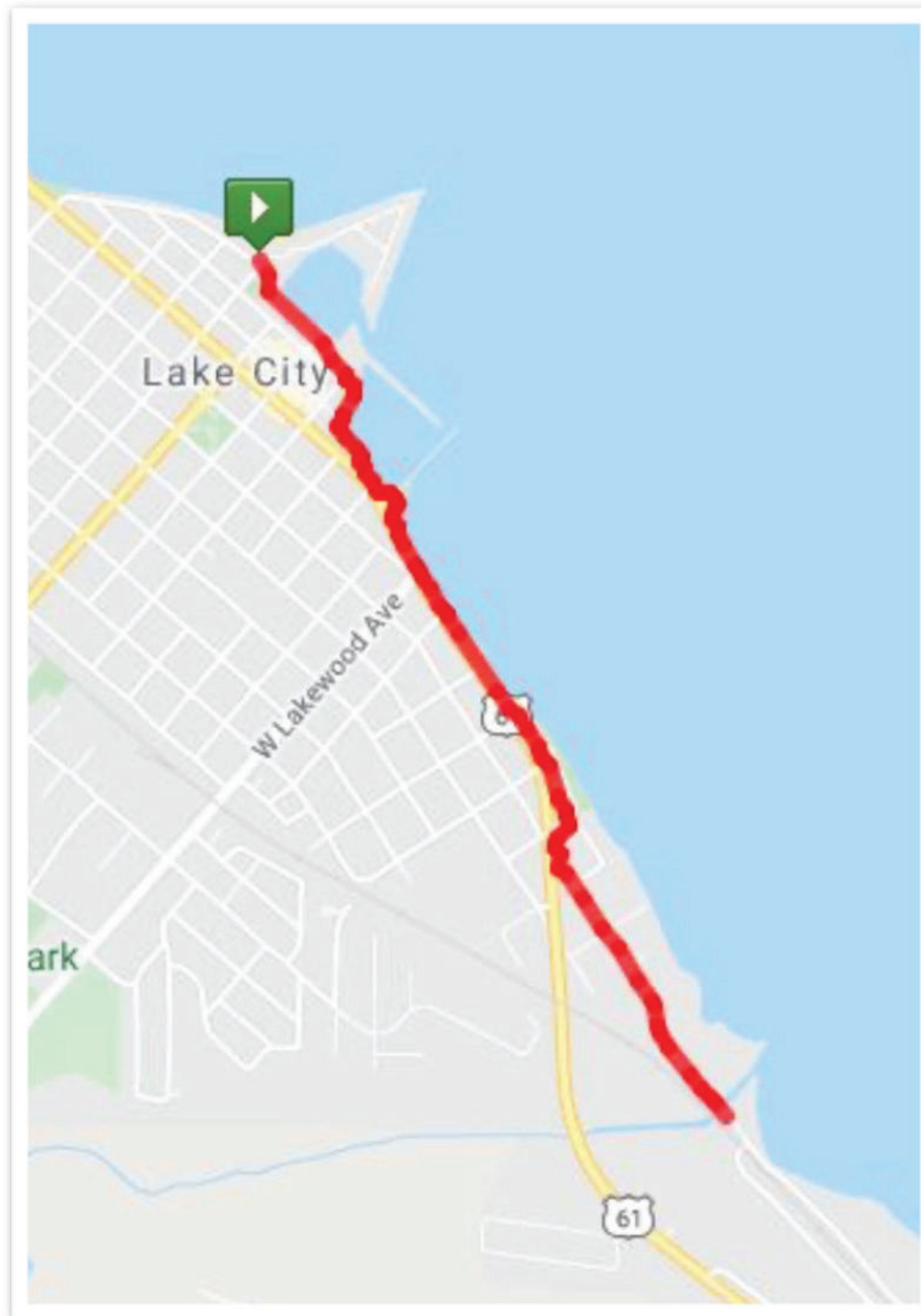


Bike Section – 14 miles



The kayak section transitions to the bike section at Ohuta Beach. It's an out and back section looping through old & new Frontenac on Hwy. 2. The bike section will not be a closed course and major intersections & crossing will be monitored by event staff. Riders will leave the beach area heading down park street transitioning onto Hwy. 61. Riding single file on the widened shoulder riders will be instructed to turn right onto Hwy. 2, taking them into Old Frontenac. They will make a left turn to head into Frontenac at another staff monitored intersection. At the junction of Hwy 2 & Hwy 61 riders will be instructed to dismount and multiple event staff will escort bikers across the road on foot. Riders walk then remount and head back into LC. Prior to reaching Park Street, riders will be signaled to get into the tuning lane to turn down Park Street to finish at Ohuta Beach

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