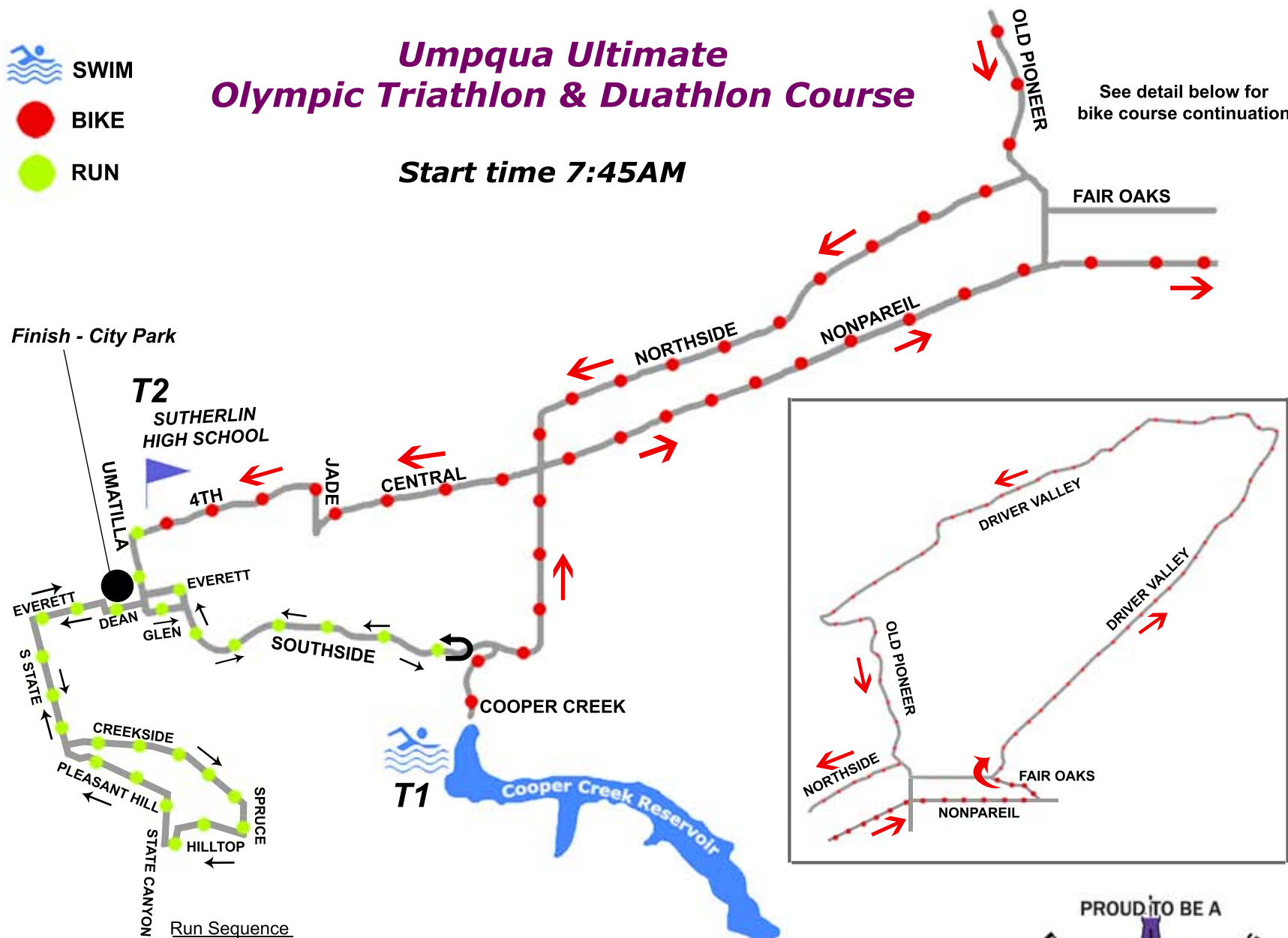


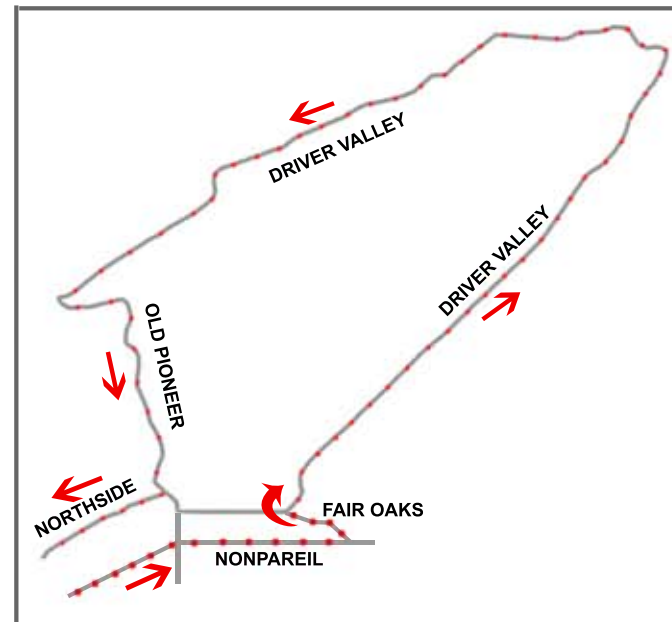


Umpqua Ultimate Olympic Triathlon & Duathlon Course

Start time 7:45AM



See detail below for
bike course continuation



Finish - City Park

T2
SUTHERLIN
HIGH SCHOOL

UMATILLA
4TH
JADE
CENTRAL

EVERETT
DEAN
GLEN
SOUTHSIDE

COOPER CREEK
CREEKSIDE
PLEASANT HILL
SPRUCE
HILLTOP
STATE CANYON

T1
Cooper Creek Reservoir

Run Sequence

1. Umatilla to Dean
2. Dean to Everett
3. Everett to S State
4. S State to Creekside
5. Creekside to Spruce
6. Spruce to Hilltop
7. Hilltop to State Canyon
8. State Canyon to Pleasant Hill
9. Pleasant Hill to S State
10. S State to Everett
11. Everett to Dean
12. Dean to Glen
13. Glen to Waite
14. Waite to Southside
15. Out and back on Southside
16. Southside to Everett
17. Finish at City Park

