



## Foremarke Triathlon Run Route 3 Laps

After leaving transition proceed around the perimeter of the field, which will bring you out in front of the hall. This is where you will start the first of your 3 laps. You will be given a band at the start of each lap to help count the correct amount. At the end of your third lap (you should be holding 3 bands) return back towards the rear of the hall and to the finish chute under the Punishing Events inflatable gantry. This will be fully Marshalled and sign posted.