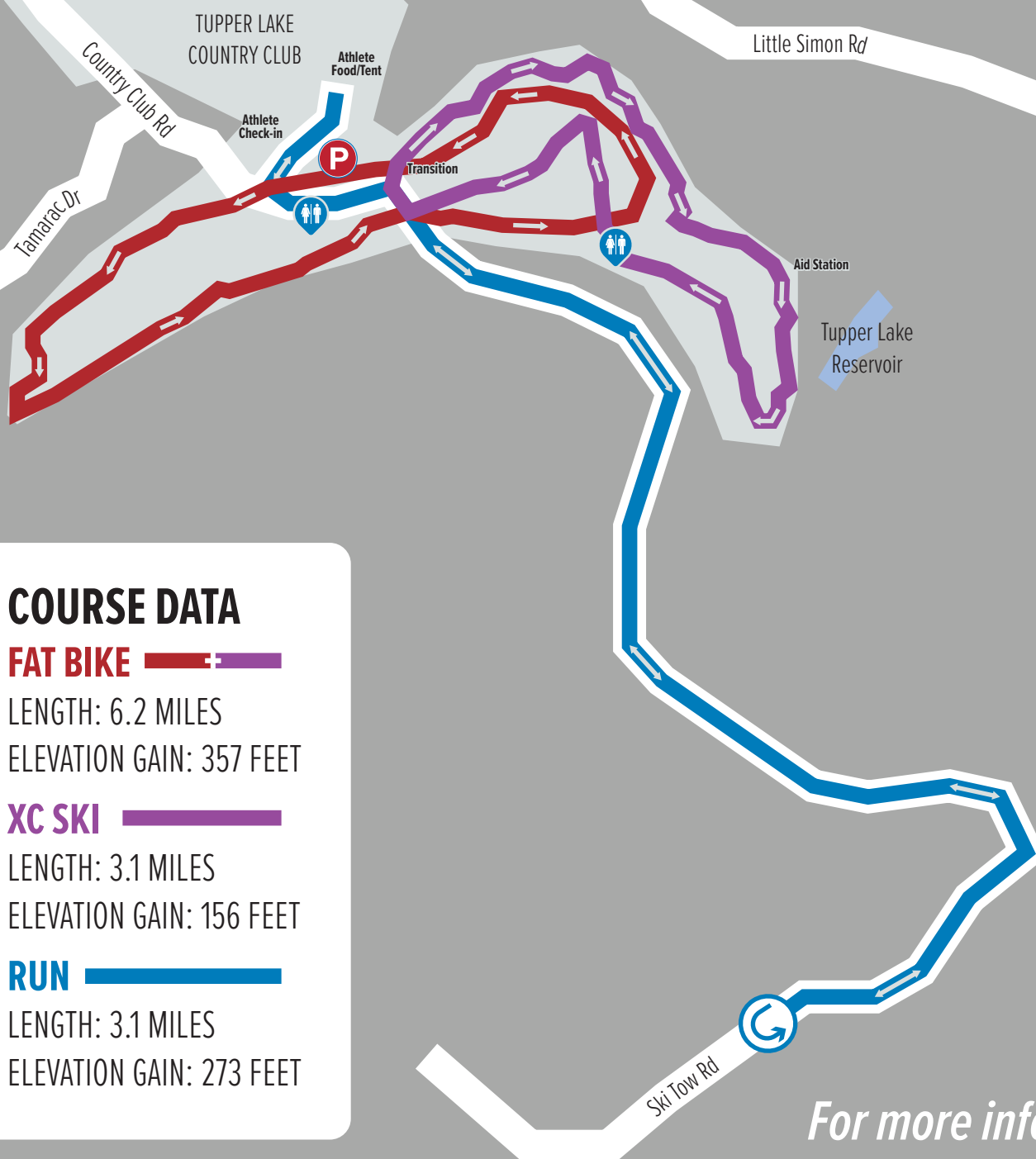




# SPRINT WINTER TRIATHLON



## COURSE DATA

### FAT BIKE

LENGTH: 6.2 MILES  
ELEVATION GAIN: 357 FEET

### XC SKI

LENGTH: 3.1 MILES  
ELEVATION GAIN: 156 FEET

### RUN

LENGTH: 3.1 MILES  
ELEVATION GAIN: 273 FEET

## GET READY TO RACE

The ESWG Sprint Winter Triathlon, the first event of its kind in Upstate New York, will feature a 5k run - 10k winter bike - 5k cross-country ski on the scenic trails of the Tupper Lake Golf Course.

### WHEN:

**Saturday, February 17**  
**9:30 am**

### WHERE:

**Tupper Lake Golf Course**  
141 Country Club Rd.  
Tupper Lake, NY 12986

*For more information, go to [ESWGames.com](http://ESWGames.com)*