



- Olympic Triathlon - 1.5k swim, 40k bike, 10k run
- Sprint Triathlon - 500m swim, 20k bike, 5k run
- Duathlon - 5k run, 20k bike, 5k run
- Olympic Aquabike - 1.5k swim, 40k bike
- Sprint Aquabike - 500m swim, 20k bike
- Super Sprint - 200m swim, 10k bike, 1mi run

SANFORD & SON - OVERVIEW

SANFORD LAKE COUNTY PARK

SANFORD, MI

