The Swim
1000m (horseshoe shaped) around pristine Robin Lake (deep water entire swim but within 20 yards of shoreline first half of swim).

The Bike
30k – 2 loop course out and back on Scenic Drive, Discovery Pkwy and Mountain Creek Dr.

The Duathlon Run
2 miles around Robin Lake.

The Run
8k - including Robin Lake Circle and the paved bike trail. A VERY FAST course!

Race Start Time: 8am

Event details and schedule

Pre-Race check-in:
Friday 3pm-8pm Mountain Creek Inn – Menaboni Center and race morning from 530am-7am under the pavillion beach side.

Beginners Clinic 6pm Beach Side

Directions:
From Atlanta take I-85 south to I-185. Take I-185 to exit 42 (Hwy 27). Go left on Hwy 27, 11 miles to Pine Mountain. In Pine Mountain, go through 3 stop lights (1 mile) to Callaway Gardens beach entrance on your right. Go 1 mile past Callaway Gardens beach entrance to the Mountain Creek Inn on your left.

ADMISSION TO CALLAWAY GARDENS FOR ATHLETES AND SPECTATORS:
Athletes who register by deadline – receive complimentary Gardens admission. Athletes who register late – receive half-price Gardens admission of $9 (Regular admission is $18)Spectators – receive half-price Gardens admission of $9, or $30 per vehicle (whichever is less) Contact TriColumbusGA at tricallaway@gmail.com