

LFL BLUE Triathlon Course

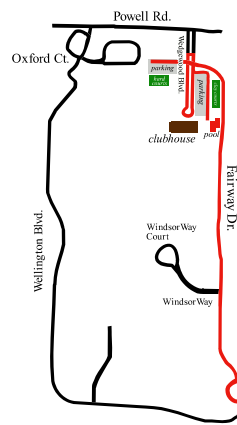


25 LAPSWIM - Start at Pool - 25 Lengths

5 MILE BIKE - Start at Clay Courts; Exit parking lot right onto Fairway Drive, follow Fairway Drive, which becomes Wellington Blvd. Continue on Wellington Blvd. around the golf course, turn left into Oxford Court, make loop and exit turning right onto Wellington Blvd. Return the way you came and end at the Hard Tennis Courts

2 MILE RUN - Start at Hard Courts continue onto Fairway Dr. Follow Fairway Drive to WindsorWay, turn right and continue on your right around the cul de sac. Exit WindsorWay turning left back onto Fairway Dr. Return to club, turn left onto Wedgewood Blvd. and left into the parking lot. Run up the furthest parking lane and into the finish line at clubhouse banquet entrance.

LFL RED Triathlon Course (Family Course!)

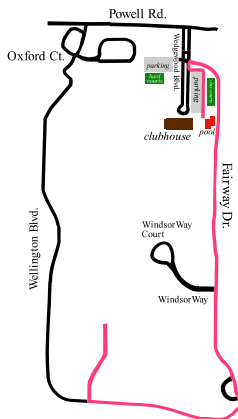


10 LAPSWIM - Start at Pool - 10 Lengths

2 MILE BIKE - Start at Clay Courts; Exit parking lot right onto Fairway Drive. Follow Fairway Drive to Buxton Court, bike around Buxton Court and return to club on Fairway Dr. End at the Hard Tennis Courts

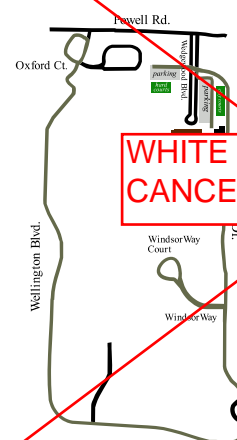
1/2 MILE RUN - Start at Hard Courts; Left on drive run around first island; Run back up Club Drive, around portico and back down drive. Turn right into parking lot at end of driveway, run up the furthest parking lane and to the finish line at clubhouse banquet entrance.

LFL PINK 5K Run/Walk



3.1 MILE RUN - Start at clubhouse banquet entrance. Run down parking lane and turn right onto Fairway Dr. Follow Fairway Drive to Forest Glen; run to end of street. Retrace course back to country club. Run up the furthest parking lane and to the finish line at clubhouse banquet entrance.

LFL WHITE Duathlon Course



WHITE DUATHLON COURSE CANCELLED

5 MILE BIKE - Start at Clay Courts; Exit parking lot right onto Fairway Drive, follow Fairway Drive, which becomes Wellington Blvd.

2 MILE RUN - Start at Hard Courts continue onto Fairway Dr. Follow Fairway Drive to WindsorWay, turn right and continue on your right around the cul de sac. Exit WindsorWay turning left back onto Fairway Dr. Return to club, turn left onto Wedgewood Blvd. and left into the parking lot. Run up the furthest parking lane and into the finish line at clubhouse banquet entrance.