



FOX LAKE, IL

1K swim, 20K bike, 5K run

June 4, 2017

The inaugural Fox Lake Sprint Triathlon is a 1 K swim, 20 K bike, 5 K run held on the shores of Pistake Lake in Fox Lake, IL.

The half mile swim is triangle shaped with depths averaging 6' in any one area. The 12.5 mile (20 K) bike course varies from flat to rolling hills on pristine roads from Fox Lake to Chain O' Lakes State Park. The 3.1 mile (5 K) run course is through the town center and through subdivisions with rolling hills. With transitions at the Lake Front Park, you'll be close to the water, finish line, parking and post-race entertainment.

Register online here:

<http://foxlaketriathlon.itsyourrace.com/event.aspx?id=8768>