

HEFNER RD W

HEFNER RD W

Standard Year Swim Course
(1/2 = 1 Lap)
(Full/Ultra = 2 Laps)

Optional Low Water Swim Course

LAKE HEFNER

BRITTON RD W

BRITTON RD W

MacARTHUR AVE N

CANAL RD

LAKESHORE PARK

SOCCER FIELDS

BALL FIELDS

WILSHIRE BLVD W

MARKET PLACE BLVD

NW EXPRESSWAY

LAKE HEFNER GOLF COURSE

FISHING PIER #2

BREAKWATER

MARINA

BOAT RAMPS

FISHING PIER #1

FIRE STA. #30

TOM JONES MEMORIAL AIRSTRIP

Run Course Supply Storage

STARS & STRIPES PARK

BALL FIELDS

PORTLAND AVENUE

Run Course Turn Around
(1/2 = 2 Loops)
(Full/Ultra = 4 Loops)

LAKE HEFNER PKWY

OLD LAKESHORE DR

LAKE HEFNER DR W

TRAILS

WEST

DAM

WYDIE AREA

DAM

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

TRAILS

LEGEND

- AID STATIONS
- BARRICADE
- ICE STORAGE
- LIGHTS
- MEDICAL
- PORT 'A' POTTIES
- ROAD CLOSED
- ROAD CROSSING
- TRASH



09-05-17