

BIG SHOULDERS COURSE MAP



Big Shoulders Course: The race starts and finishes at Ohio Street Beach in Lake Michigan, just west of Navy Pier in Chicago. Participants will line up in the water, behind a line between the beach and the starting boat, facing the buoy on the far East side of the course. Swimmers will start out swimming Northeast, toward the first of three 8 ft. buoys. Swimmers will turn left around the first buoy and head Northwest, to buoy No. 2, turn and head Southeast, parallel to Lake Shore, back toward the beach – one lap around is 2.5K, two laps is a 5K! Swimmers will finish by running up the beach, through the chute and over the timing pads.