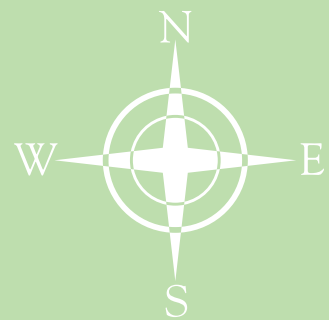


# MIRROR LAKE



## SWIM COURSE

- 2.4 Miles
- 2 Loops
- Lake Placid, New York

**T** TRANSITION AREA  
 PATH TO TRANSITION

The two loop swim takes place in Mirror Lake, a calm, pristine lake right in the heart of Lake Placid. It's an excellent spectator course. The water temperature is typically in the high 60s to low 70s. The swim is a mass start keeping all swim buoys to your left. Each athlete will exit the water and run on the beach before entering swim entrance for second lap.

