

SWIM COURSE

- MILE MARKER
- AID STATION
- BIKE TECH
- COURSE DIRECTION
- SPRINT COURSE
- OLYMPIC COURSE
- TRANSITION



OLYMPIC ONLY:
Exit water, run around tree and over timing mats, re-enter water for second and third loop.

KEY

-  MILE MARKER
-  AID STATION
-  BIKE TECH
-  COURSE DIRECTION
-  SPRINT COURSE
-  OLYMPIC COURSE
-  TRANSITION



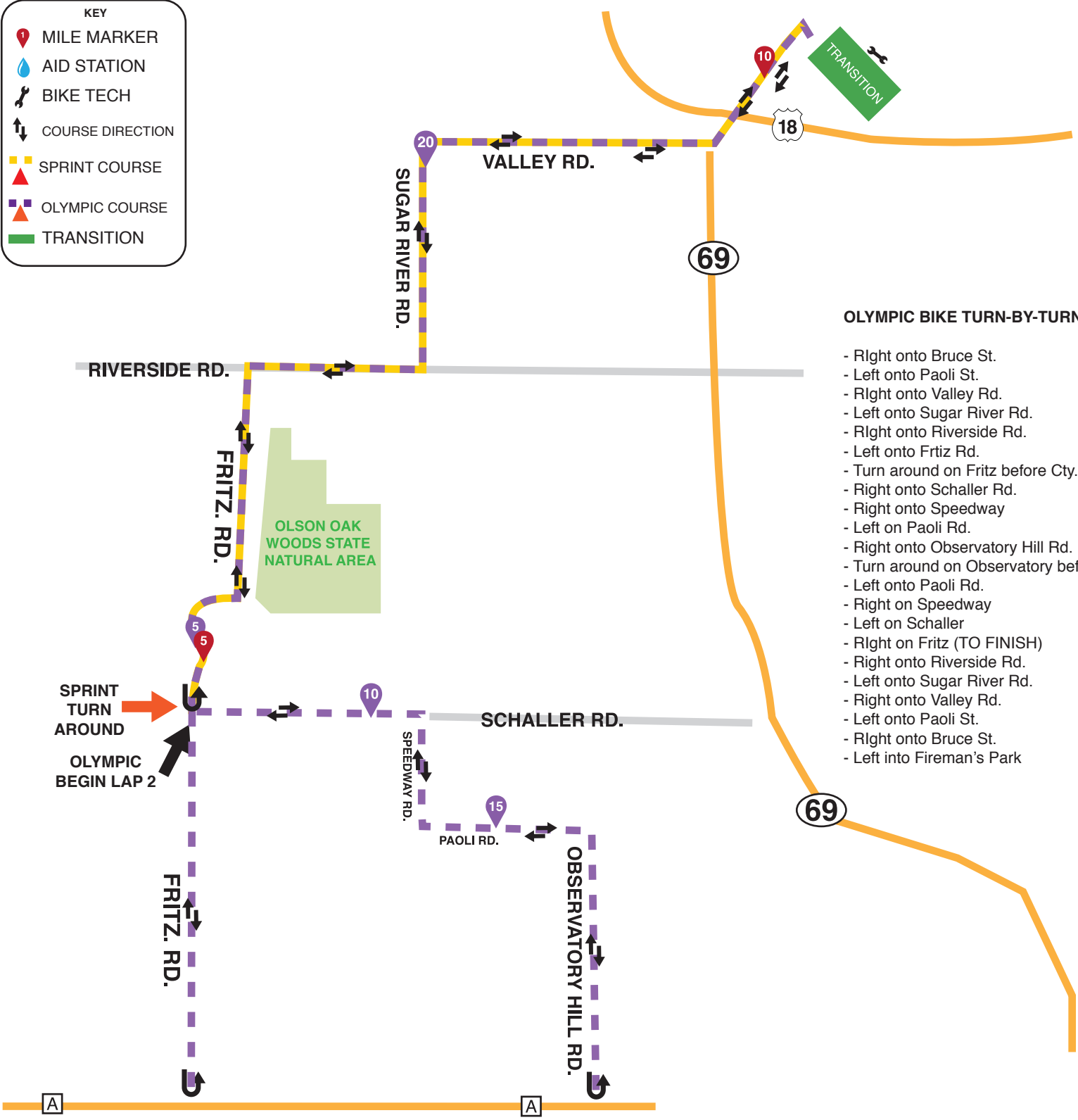
BIKE COURSE

SPRINT BIKE TURN-BY-TURN

- Right onto Bruce St.
- Left onto Paoli St.
- Right onto Valley Rd.
- Left onto Sugar River Rd.
- Right onto Riverside Rd.
- Left onto Fritz Rd.
- U-Turn on Fritz Rd. at Schaller Rd.
- Right onto Riverside Rd.
- Left onto Sugar River Rd.
- Right onto Valley Rd.
- Left onto Paoli St.
- Right onto Bruce St.
- Left into Fireman's Park

OLYMPIC BIKE TURN-BY-TURN

- Right onto Bruce St.
- Left onto Paoli St.
- Right onto Valley Rd.
- Left onto Sugar River Rd.
- Right onto Riverside Rd.
- Left onto Fritz Rd.
- Turn around on Fritz before Cty. Rd. A
- Right onto Schaller Rd.
- Right onto Speedway
- Left on Paoli Rd.
- Right onto Observatory Hill Rd.
- Turn around on Observatory before Co. 'A'
- Left onto Paoli Rd.
- Right on Speedway
- Left on Schaller
- Right on Fritz (TO FINISH)
- Right onto Riverside Rd.
- Left onto Sugar River Rd.
- Right onto Valley Rd.
- Left onto Paoli St.
- Right onto Bruce St.
- Left into Fireman's Park



RUN COURSE

KEY

- MILE MARKER
- AID STATION
- BIKE TECH
- COURSE DIRECTION
- SPRINT COURSE
- OLYMPIC COURSE
- TRANSITION



OLYMPIC COURSE
DOES 2 LOOPS.

