

SWIM COURSE

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

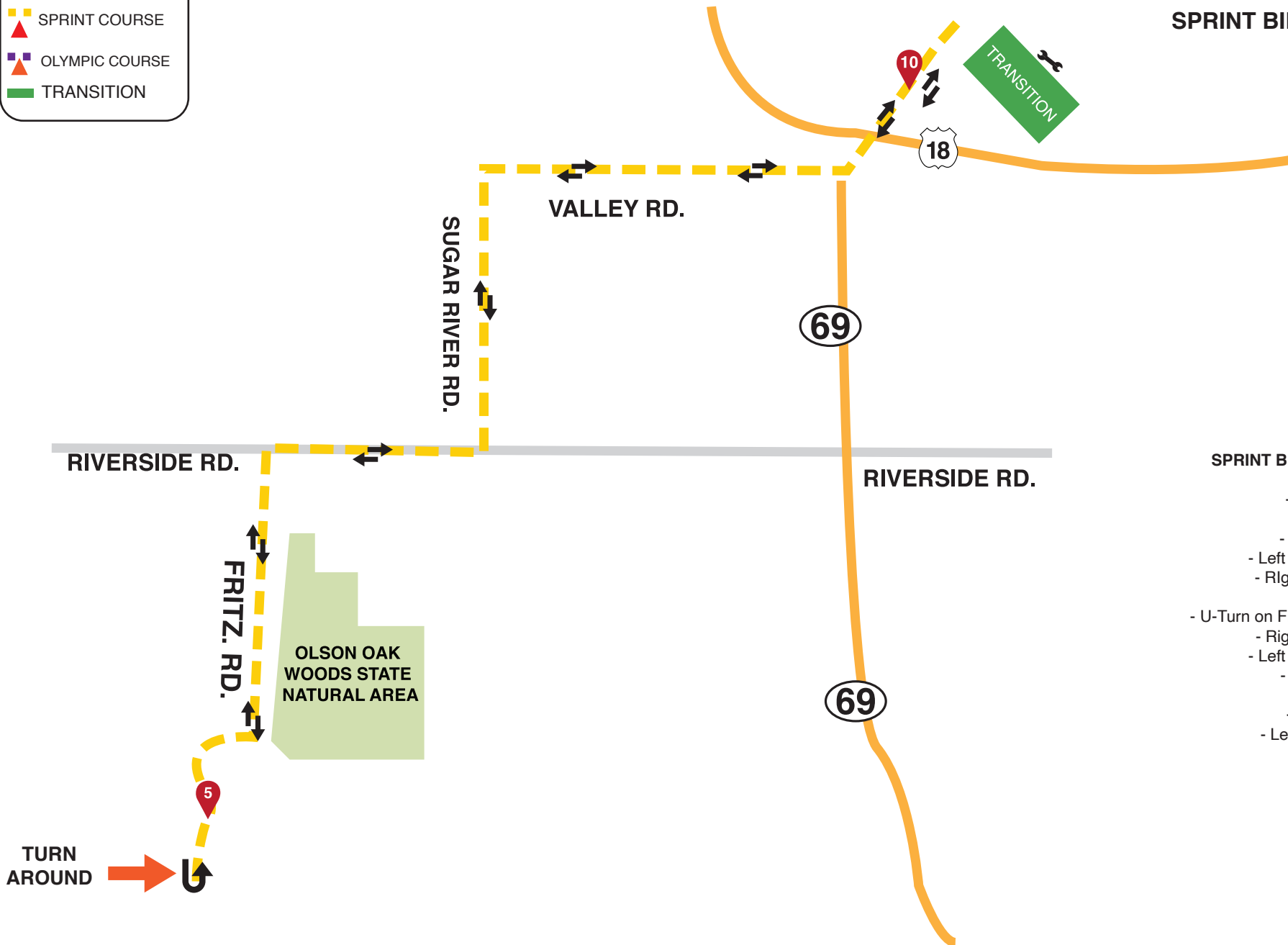


OLYMPIC ONLY:
Exit water, run around tree and over timing mats, re-enter water for second and third loop.

SPRINT BIKE COURSE

KEY

- MILE MARKER
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SPRINT BIKE TURN-BY-TURN

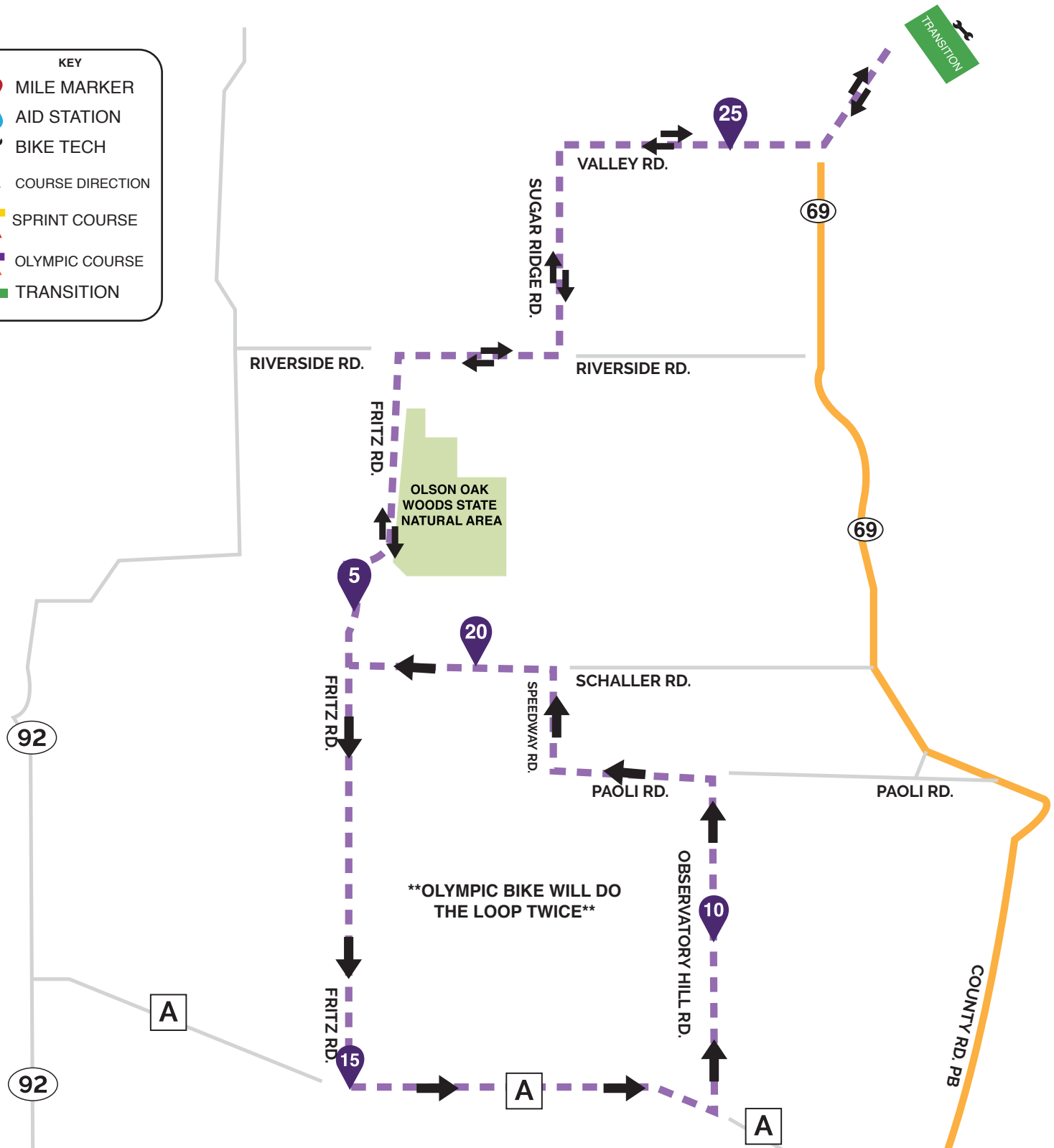
- Right onto Bruce St.
- Left onto Paoli St.
- Right onto Valley Rd.
- Left onto Sugar River Rd.
- Right onto Riverside Rd.
- Left onto Fritz Rd.
- U-Turn on Fritz Rd. at Shaller Rd.
- Right onto Riverside Rd.
- Left onto Sugar River Rd.
- Right onto Valley Rd.
- Left onto Paoli St.
- Right onto Bruce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

KEY

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OLYMPIC BIKE COURSE



****OLYMPIC BIKE WILL DO THE LOOP TWICE****

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.
- Left onto Cty. Rd. A
- Left onto Observatory Hill Rd
- Left onto Paoli Rd.
- Right on Speedway
- Left on Schaller
- Left onto Fritz to complete loop a second time
- 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
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- LOOP 1
- LOOP 2
- OLYMPIC START LAP 2



****OLYMPIC PARTICIPANTS WILL DO 2 LAPS OF BOTH LOOPS****

