

SWIM COURSE



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

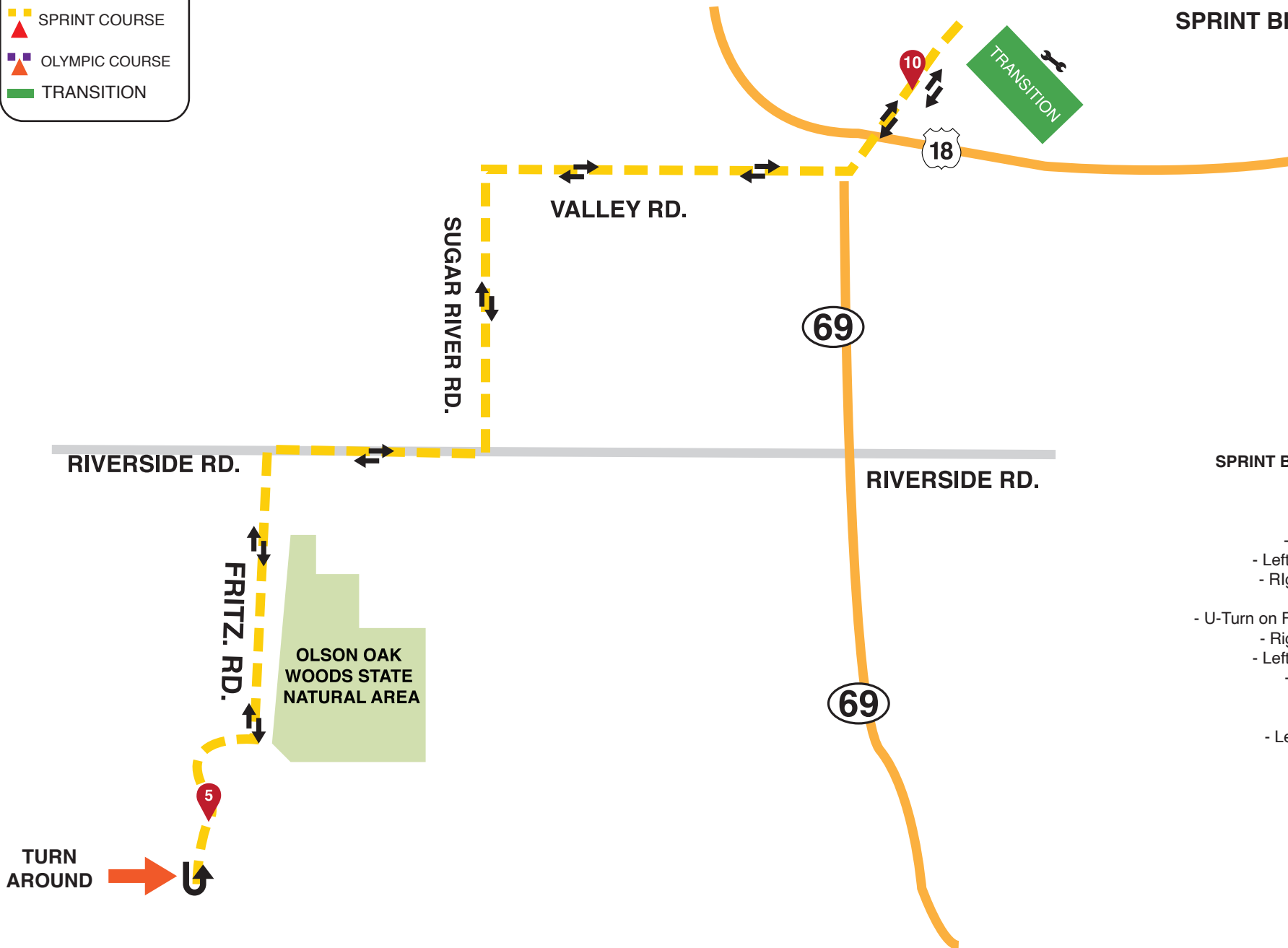
- MILE MARKER
- AID STATION
- BIKE TECH
- COURSE DIRECTION
- SPRINT COURSE
- OLYMPIC COURSE
- TRANSITION



SPRINT BIKE COURSE

KEY

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



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

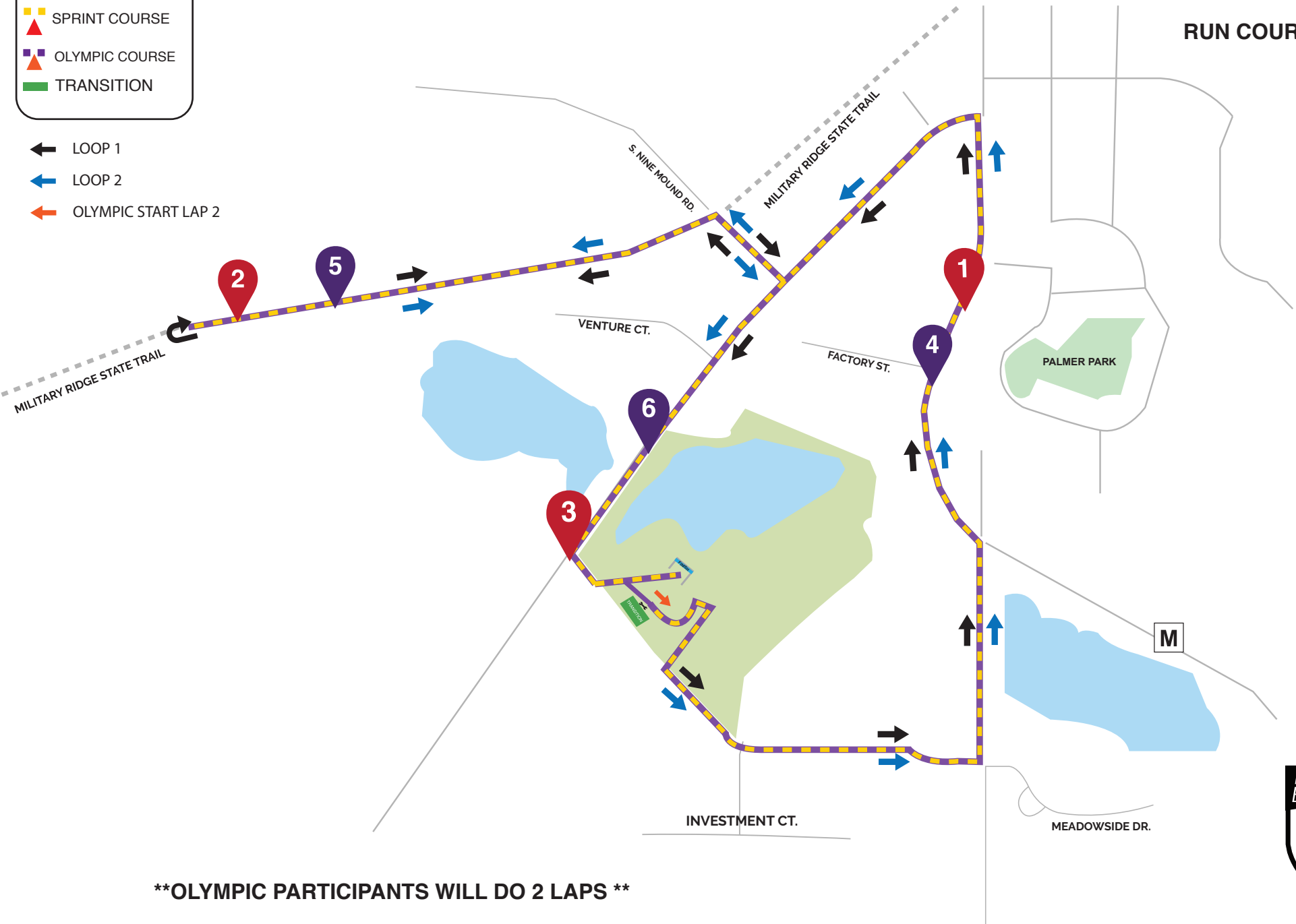




RUN COURSE

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

- LOOP 1
- LOOP 2
- OLYMPIC START LAP 2



****OLYMPIC PARTICIPANTS WILL DO 2 LAPS ****

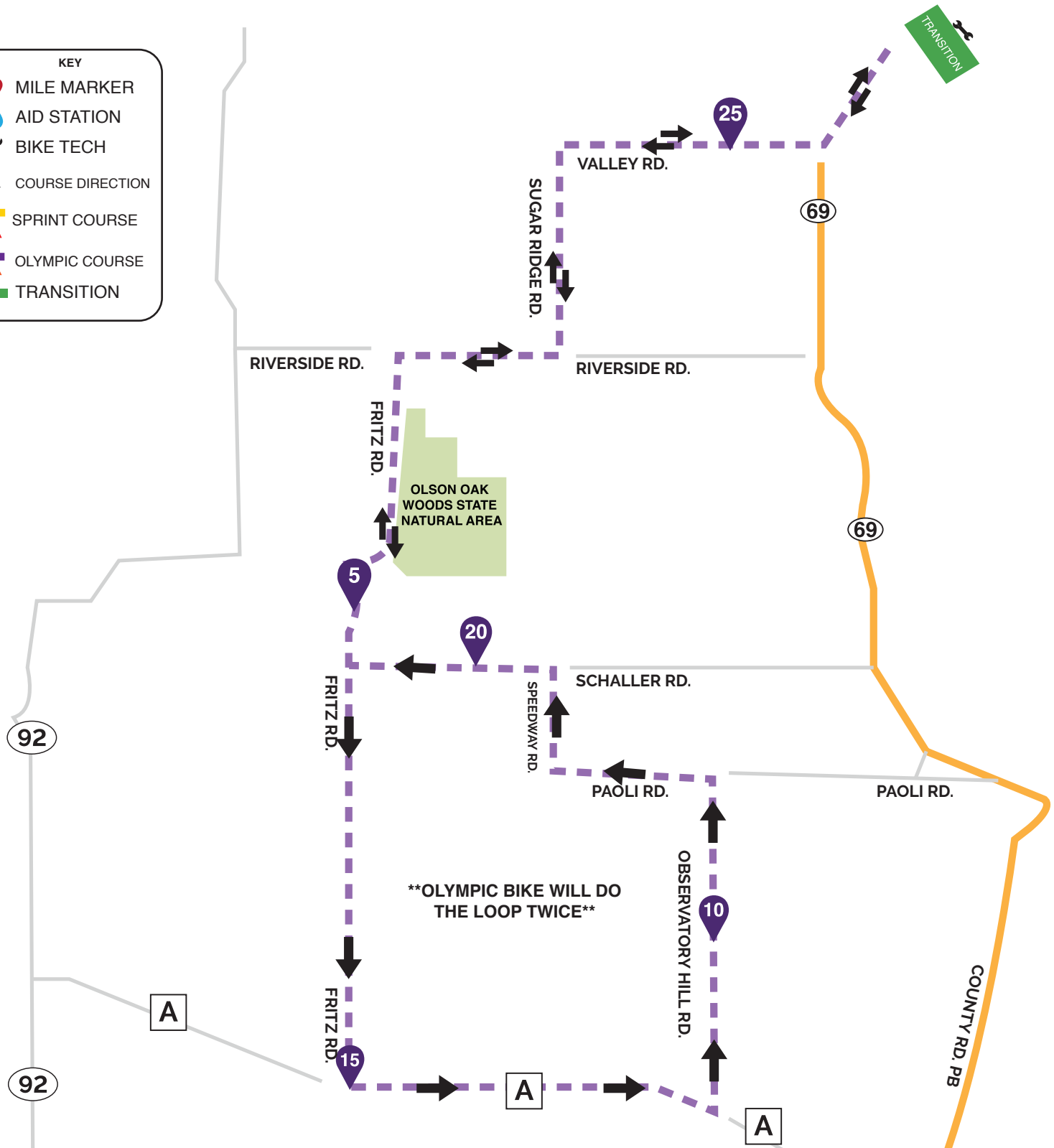


KEY

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



OLYMPIC BIKE COURSE



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

