


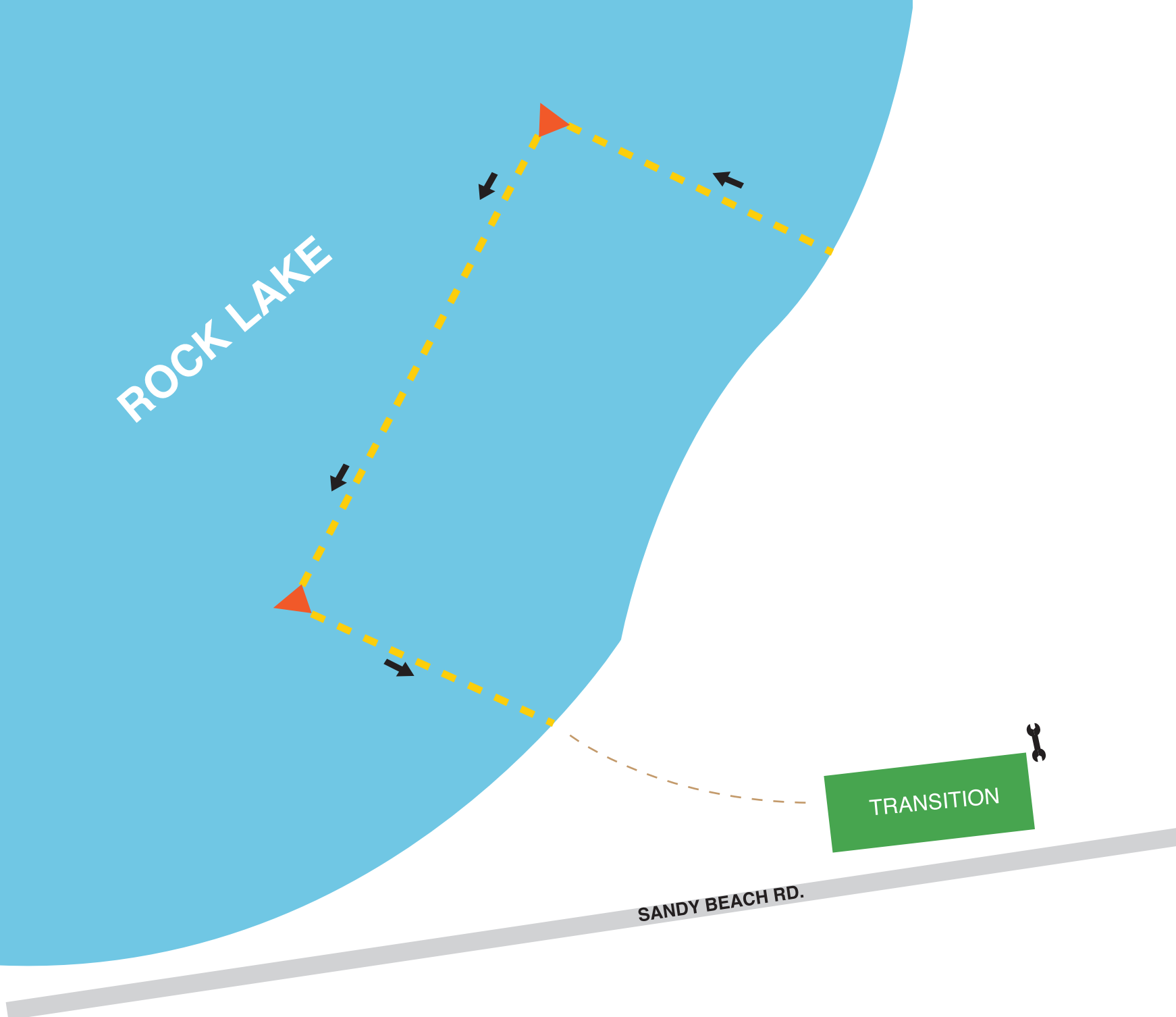




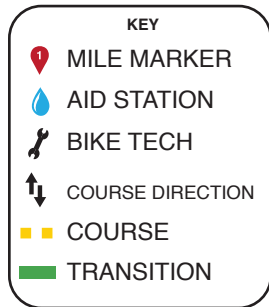
## SWIM COURSE

KEY	
	MILE MARKER
	AID STATION
	BIKE TECH
	COURSE DIRECTION
	COURSE
	TRANSITION



## TURN-BY-TURN BIKE COURSE

- Mount bike on Sandy Beach Rd.
- Right on South Main St. (Route 89)
- Right on County Highway A
- Right on London Rd.
- Left on Britzke Rd.
- Continue straight on Hope Lake Rd.
- Left on County Highway G
- Left on Mud Lake Rd.
- Continue straight on County Highway A
- Left on South Main St. (Route 89)
- Left on Sandy Beach Rd.
- Dismount bike on Sandy Beach Rd.



BIKE COURSE



## TURN-BY-TURN RUN COURSE

- Left onto Sandy Beach Rd.
- Right onto paved bike trail
- Right onto the Glacial Drumlin Trail
- Turn-around at half way point
- Left onto paved bike trail
- Left onto Sandy Beach Rd.
- Right into parking lot & finish line

