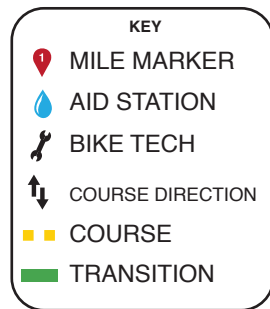




A sweet little tri.





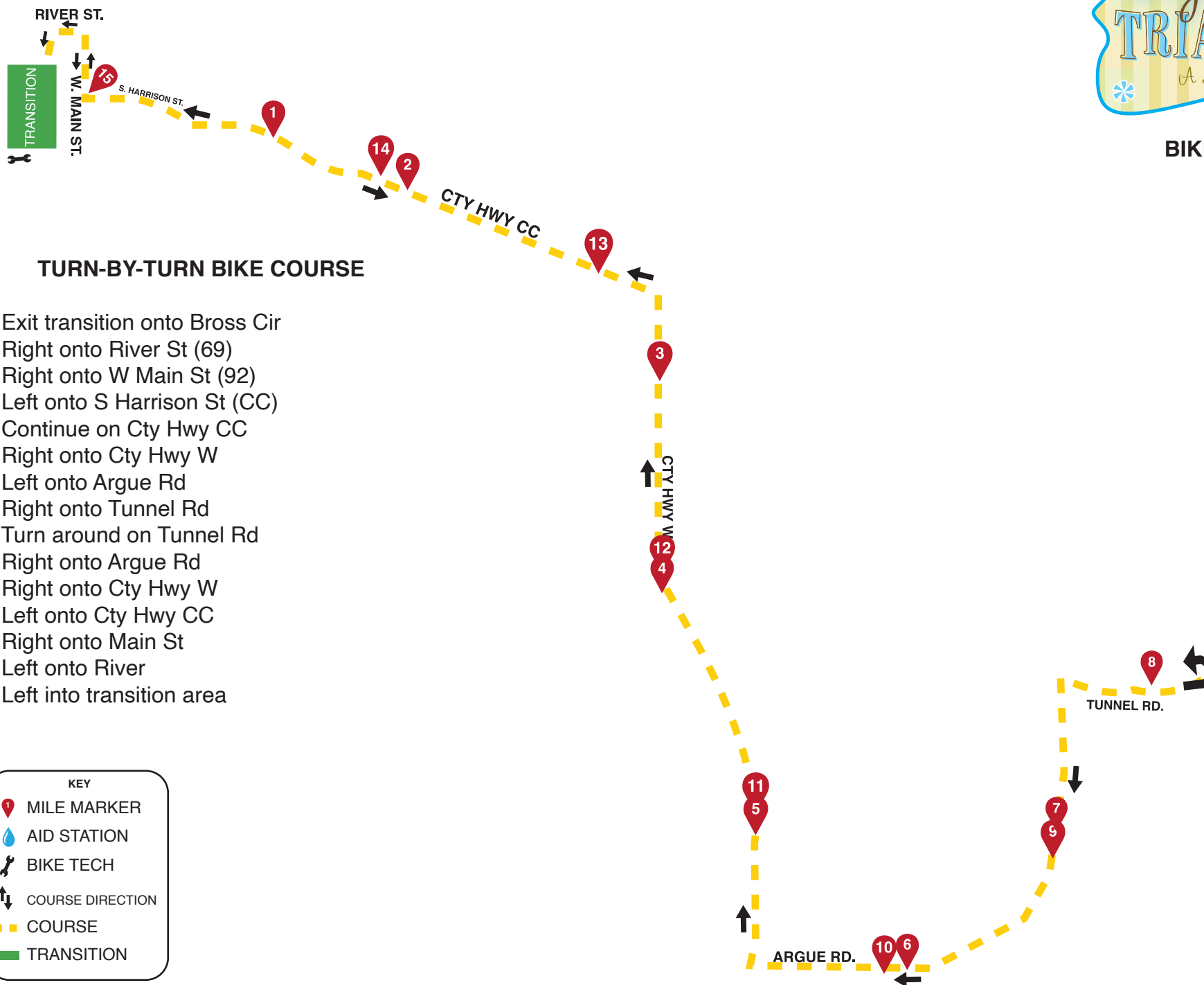
## BIKE COURSE

### TURN-BY-TURN BIKE COURSE

- Exit transition onto Bross Cir
- Right onto River St (69)
- Right onto W Main St (92)
- Left onto S Harrison St (CC)
- Continue on Cty Hwy CC
- Right onto Cty Hwy W
- Left onto Argue Rd
- Right onto Tunnel Rd
- Turn around on Tunnel Rd
- Right onto Argue Rd
- Right onto Cty Hwy W
- Left onto Cty Hwy CC
- Right onto Main St
- Left onto River
- Left into transition area

#### KEY

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



## TURN-BY-TURN RUN COURSE

- Exit transition & cross field
- North onto bike path
- Continue on Bellrose St
- Right onto Karl Ave
- Left onto Jon St
- Continue on Bowlavard Ave
- Left onto Welch St
- Right onto Richard St
- \*\*\* TURN AROUND \*\*\*
- Left onto Welch St
- Right on Bowlavard Ave
- Continue on Jon St
- Right onto Karl Ave
- Left onto Bellrose St
- Continue on bike path
- Stay to the right in the park



## RUN COURSE

