



BICYCLE COURSE TURN BY TURN:



- A** EXIT TRANSITION
- B** RIGHT ON BEACH RD.
- C** CROSS OVER 9L TO BLOODY POND RD.
- D** TURN LEFT AT THE TOP OF THE HILL ONTO THE BIKE TRAIL
- E** CROSS A SMALL WOOD-PLANKED BRIDGE
- F** AFTER BRIDGE USE CAUTION ON DESCENT.
- G** CROSS OVER GLEN LAKE ROAD INTERSECTION.
- H** CROSS ONTO ASH DRIVE AND STAY RIGHT.
- I** RIGHT ONTO BIKE TRAIL AND ASCEND STEEP HILL.
- J** SHARP RIGHT TURN ONTO BIRDSALL RD.
- K** LEFT ONTO ROUND POND ROAD.
- L** STRAIGHT ONTO BLIND ROCK RD. AT STOP SIGN.
- M** CROSS BAY ROAD ONTO HAVILAND RD. AT THE LIGHT.
- N** LEFT TURN ONTO ROCKWELL RD.
- O** RIGHT TURN ONTO SUNNYSIDE RD.
- P** CROSS RIDGE RD. (AT THE LIGHT) STAY ON SUNNYSIDE.
- Q** LEFT ONTO JENKINSVILLE RD, (CLIMB THE JUNKYARD”).
- R** RIGHT TURN ONTO RIDGE RD.
- S** CROSS RT. 149 (AT LIGHT) AND CONTINUE ON RIDGE RD.
- T** RIDGE BECOMES RT. 9L. STAY ON 9L
- U** TURN RIGHT ONTO BEACH RD.

AID STATION

LAKE GEORGE TRIATHLON