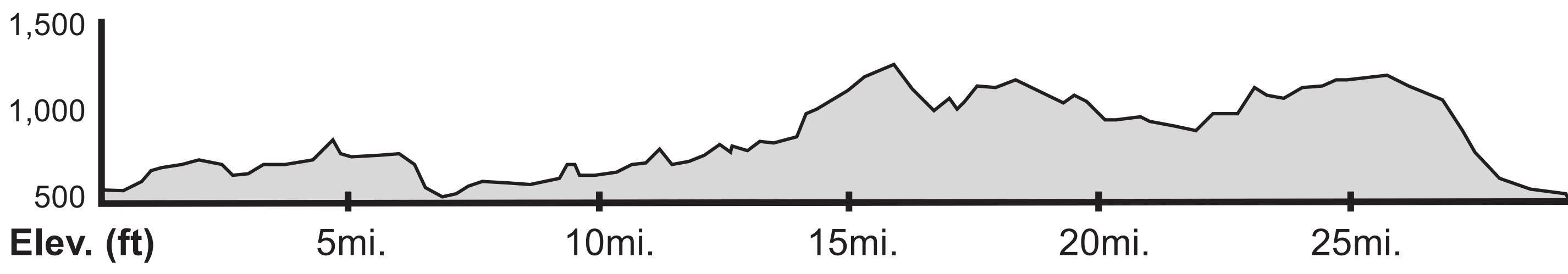


BIKE COURSE

- Sprint: Out & Back (14.5 m)
- Intermediate/Interm. Duathlon: 1 Lap (29 m)
- Half/Half Duathlon: 2 Laps (58 m)
- Full: 4 Laps (116 m)



- Total ascent per lap = 1,339 feet / 408 meters
- Total ascent for entire Sprint Course only = 741 ft. / 226 meters

- Start from Indian Pines Park on Old Pines Trail
- Turn left onto NY-54A S/W Lake Rd 7.0 mi
- Turn right onto Co Route 29/Guyanoga Rd 7.3 mi
- *** (Sprint turns around at this location)
- Turn left onto NY-364 W/State Highway 364 W 13.9 mi
- Turn right onto Co Route 27/Voak Rd 14.2 mi
- Turn right onto Havens Corners Rd 15.8 mi
- Turn left onto Co Route 23/Lovejoy Rd 18.1 mi
- Turn right onto Ferguson Corners Rd 20.6 mi
- Turn right onto New York 14A S 21.8 mi
- Turn right onto Court St 28.1 mi
- Turn left onto Burns Terrace 28.2 mi
- Turn right onto NY-54A/Elm St./W Lake Rd. 28.8 mi
- Continue past Old Pines Trail to repeat course 29.0 mi
- If finishing, turn left onto Old Pines Trail into park.

SPRINT TURNAROUND
(ALL OTHERS TURN RIGHT)

