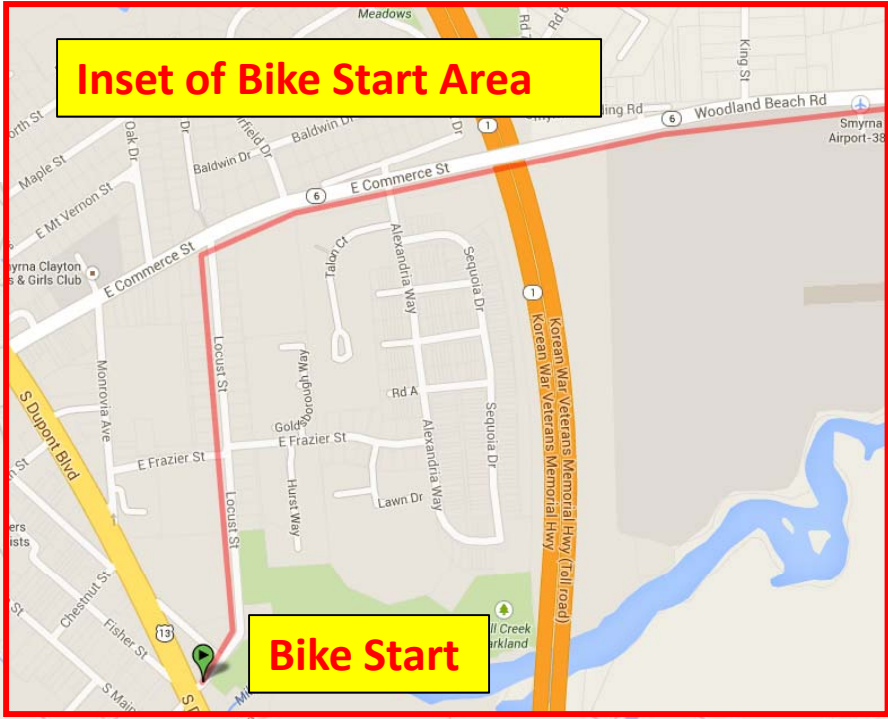


Inset of Bike Start Area



Bike Start

**Sprint Bike Course
Total Bike – 13.3 mi**

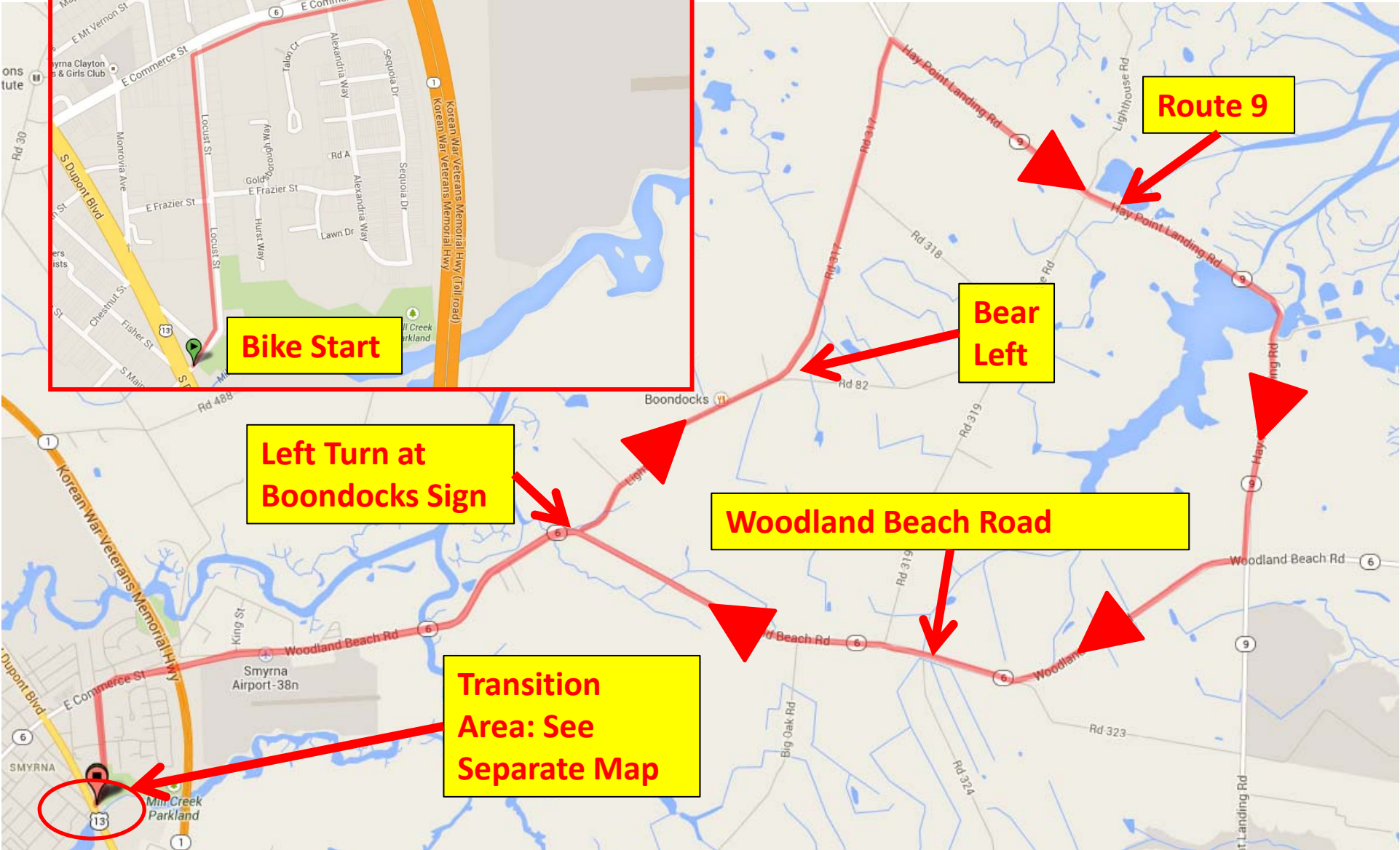
Route 9

Bear Left

**Left Turn at
Boondocks Sign**

Woodland Beach Road

**Transition
Area: See
Separate Map**



Olympic Bike Course
Total Bike – 27.6 mi
Out and Back Course

Turnaround –
13.8 mi at Cedar
Swamp Road

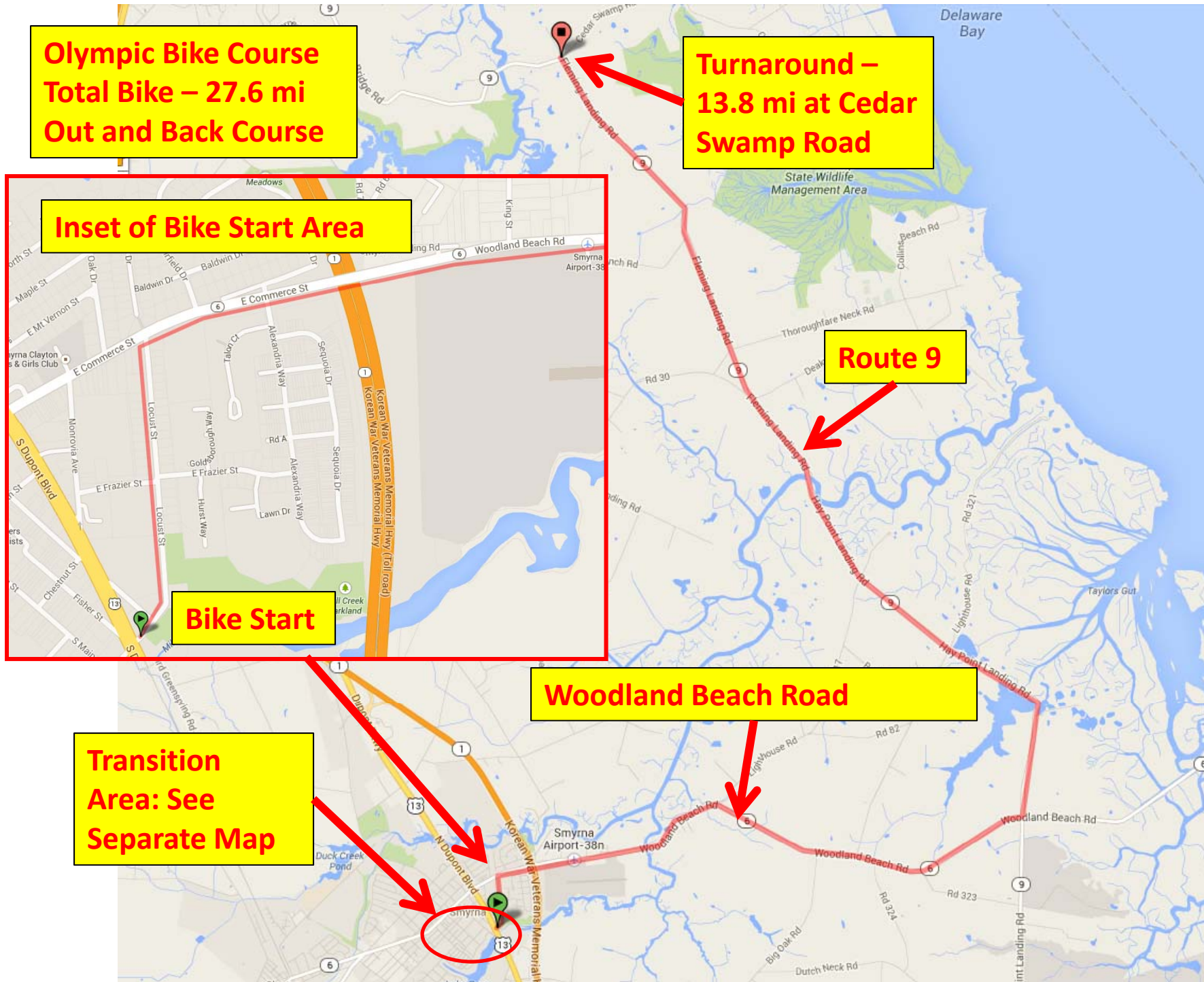
Inset of Bike Start Area

Route 9

Bike Start

Woodland Beach Road

Transition
Area: See
Separate Map



**Lake Como Area, Smyrna
Run Course**

Main St.

South Street

**Course Length:
1 lap – 5K
2 laps – 10K**

**Transition
Area: See
Separate Map**

Carter Road

Sunnyside Road

**Sprint Du Run1
Turnaround**

