

LONG COURSE BIKE WRITTEN DIRECTIONS

Dist/Miles	Action	Road	Turning From	Notes
0		Head East out of Transition		
1.15	LT	County Road 1 West	County Road 1 East	Vear Left
2.83	RT	County Road 460	County Road 1 West	Stop Sign
3.14	RT	County Road 1029	County Road 460	Stop Sign
4.6	CS	County Road 1029 & County Road 10		
6.63	LT	County Road 458	County Road 1029	Stop Sign
8.39	LT	County Road 1023	County Road 458	
13.5	U-Turn	Left Hand U-Turn @ County Road 1023 & County Road 460		
18.6	RT	County Road 458	County Road 1023	Stop Sign
20.35	RT	County Road 1029	County Road 458	
22.34	LT	County Road 10	County Road 1029	
23.43	RT	County Road 1	County Road 10	Stop Sign
23.97	LT	County Road 1 East	County Road 1	Stop Sign
25.1	CS	Into Transition		
		Dismount & Start Running		
		LEGEND		
		LT= Left Turn		
		RT= Right Turn		
		CS=Continue Straight		



SWIM: 1.5 KILOMETERS • BIKE: 40 KILOMETERS • RUN: 6.2 MILES
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