**SPRINT BIKE:**

△ Exit Transition zone and turn right on Fairview Rd.

→ Turn right on Fallmouth.

→ Turn right on Mill St

→ Turn right on N Main St. Continue as road turns into Dry Ridge Bypass.

↑ Turn around at Business Blvd and head south on Main St.

→ Turn right on Arnie Risen Rd

← Turn left on Baton Rouge and a

→ Quick right on Arnie Risen Blvd (which turns in to Helton Rd). When Helton ends at Main St

→ Turn right on Main St to head back to T2.

**SPRINT RUN:**

△ Exit transition zone and continue on N Main St.

← Turn left on Helton Rd.

↑ Continue straight as road turns into Arnie Risen Blvd.

↑ Turn around at the marked turn point.

↑ Continue back onto Helton Rd.

→ Turn right on N Main St. Continue straight until finish line.

**INTERMEDIATE BIKE:**

△ Exit Transition zone and

→ Turn right on Fairview Rd.

→ Turn right on Fallmouth.

→ Turn right on Mill St

→ Turn right on N Main St.

↑ Continue as the road turns into Dry Ridge Bypass.

↑ Turn around at Business Blvd and head south on Main St.

→ Turn right on Arnie Risen Rd

← Turn left on Baton Rouge and a

→ Quick right on Arnie Risen Blvd (which turns in to Helton Rd).

↓ When Helton ends at Main St, turn left to repeat the loop.

→ When you get back to where Helton ends at Main St after your 2nd loop, turn right on Main St to head back to T2.

**INTERMEDIATE RUN:**

△ Continue on N Main St. away from the transition zone.

← Turn left on Helton Rd.

↑ Continue straight as road turns into Arnie Risen Blvd.

↑ Turn around at the marked turn point.

↑ Keep straight as road turns back to Helton Rd.

→ Turn right on N Main St. Continue to finish line.