

## 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.