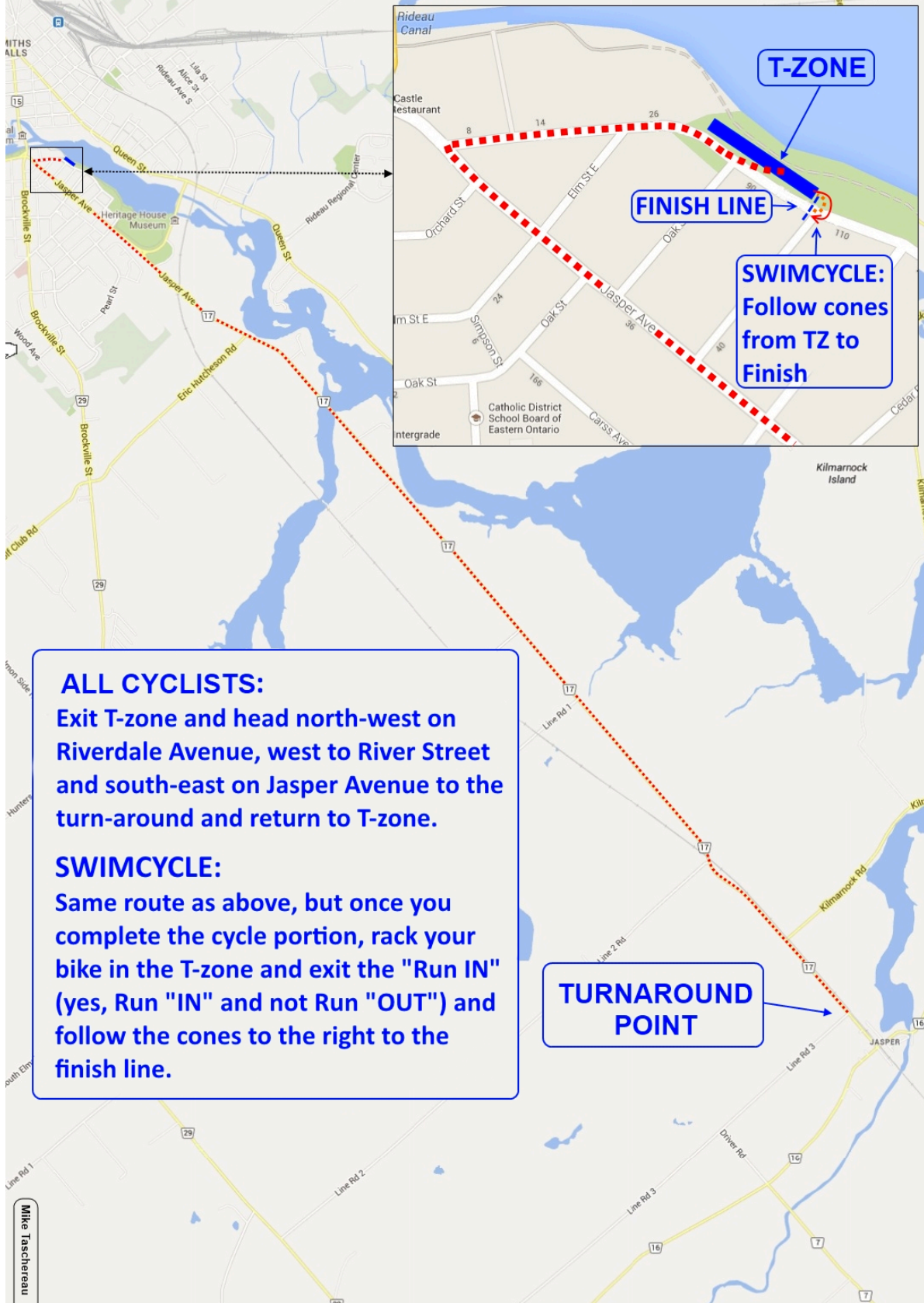




CYCLE COURSE



T-ZONE

FINISH LINE

SWIMCYCLE:
Follow cones from TZ to Finish

ALL CYCLISTS:
Exit T-zone and head north-west on Riverdale Avenue, west to River Street and south-east on Jasper Avenue to the turn-around and return to T-zone.

SWIMCYCLE:
Same route as above, but once you complete the cycle portion, rack your bike in the T-zone and exit the "Run IN" (yes, Run "IN" and not Run "OUT") and follow the cones to the right to the finish line.

TURNAROUND POINT

Mike Tascheranu June 2015