

Tri for the Y April 29, 2012

Bike Course Cue Sheet

Exit Parking lot on to Butler Road

Turn left at Graham Rd. West. (Cross Triphammer at the light)

1.58 miles Continue on Dart Drive

1.38 miles Turn left on Warren Rd. (watch traffic)

2.82 miles Turn right on Cherry Rd, Turn slight right on Snyder Rd.

3.83 miles Turn right on Mohawk Rd.

3.93 miles Turn left onto Etna (no other way to go)

5.11 miles Turn Left at Hanshaw Rd.

6.16 miles Turn right on Niemi rd.

7.12 miles Turn left on Sheldon rd.

8.15 miles Turn left at W. Dryden rd. (watch traffic)

9.49 miles Turn right at Asbury Rd.

12.02 miles Turn left at Triphammer Terr.

12.90 miles Turn left at N. Triphammer (WATCH TRAFFIC!)

14.91 miles Turn right at Hickory Hollow

15.00 miles Bike finish in parking lot

***NEW* Run Course Cue Sheet**

Exit parking lot onto Butler Rd.

.04 miles - Turn left at Graham rd. West (cross Triphammer at light)

.45 miles - turn left at Wakefield

.73 miles - Turn right on to the path - stay to the right on the path it will end on Northwood Dr.

1.18 miles Turn left on Warren rd.

2.25 miles Turn left at Cherry Rd.

2.65 miles Turn left on Bush lane (continue on Bush Ln to N. Triphammer)

3.62 miles Turn left at N. Triphammer

4.14 miles Turn right at Hickory Hollow

4.25 miles FINISH!