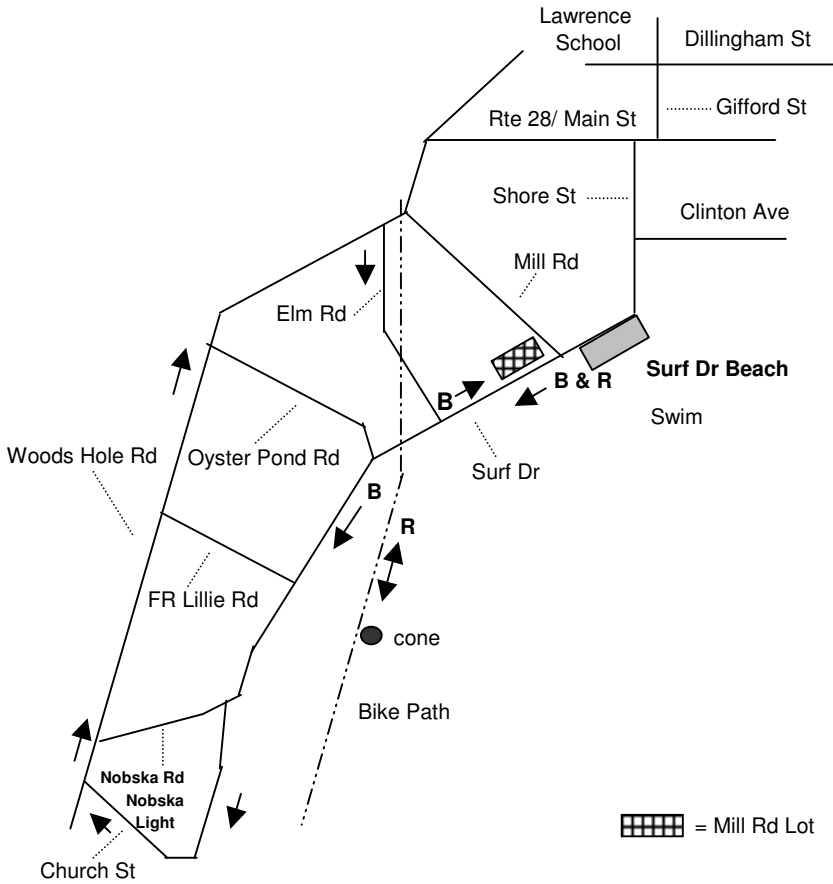


FALMOUTH SPRINT TRIATHLON



9.25-MILE BIKE


- * Left out of center gate of Surf Drive beach.
- * Keep in left lane on Surf Dr (cones on center line)
- * Cross into right lane after Elm Rd (.9-mile)
- * Road twists and turns for first 4 miles...CAUTION!!!
- * Right onto Woods Hole Rd
- * Right onto Elm Rd...highly residential...watch cars
- * Left onto Surf Dr...keep in left lane past gate to beach.
- * Right onto transition at far end of beach lot

3.1-MILE RUN

- * Left out of center gate of Surf Drive Beach...keep within barricaded lane over timing mats...keep to left shoulder of roadway on Surf Drive
- * Turn left into Sea-To-Shining Sea bike path at 1.1 miles.
- * 2-way water stop at entrance to path
- * Run to and around cone in middle of path at 1.6 miles
- * Turn right out of path onto Surf Drive...watch for runners coming towards you
- * Turn right into sand dune break to FINISH!

3/10-MILE SWIM (RECTANGLE)

- * The start is a 300 yard walk down the beach
- * Swim out straight to the double bouys
- * Swim right-to-left to next set of double bouys
- * Swim back in to shore...exit under swim finish tower over timing mats

 = Mill Rd Lot