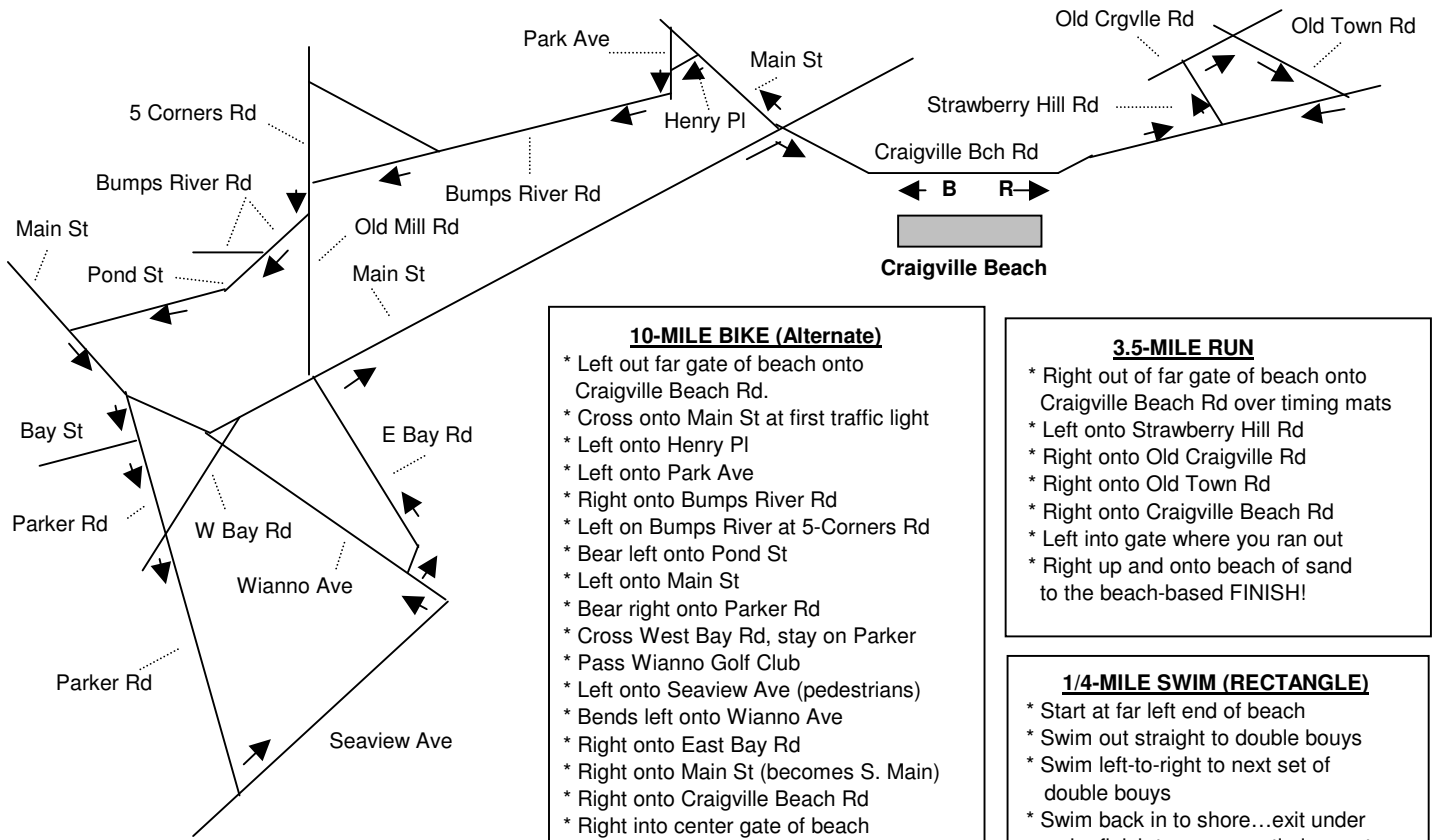


HYANNIS SPRINTS 1 AND 2 TRIATHLONS



10-MILE BIKE (Alternate)

- * Left out far gate of beach onto Craigville Beach Rd.
- * Cross onto Main St at first traffic light
- * Left onto Henry Pl
- * Left onto Park Ave
- * Right onto Bumps River Rd
- * Left on Bumps River at 5-Corners Rd
- * Bear left onto Pond St
- * Left onto Main St
- * Bear right onto Parker Rd
- * Cross West Bay Rd, stay on Parker
- * Pass Wianno Golf Club
- * Left onto Seaview Ave (pedestrians)
- * Bends left onto Wianno Ave
- * Right onto East Bay Rd
- * Right onto Main St (becomes S. Main)
- * Right onto Craigville Beach Rd
- * Right into center gate of beach

3.5-MILE RUN

- * Right out of far gate of beach onto Craigville Beach Rd over timing mats
- * Left onto Strawberry Hill Rd
- * Right onto Old Craigville Rd
- * Right onto Old Town Rd
- * Right onto Craigville Beach Rd
- * Left into gate where you ran out
- * Right up and onto beach of sand to the beach-based FINISH!

1/4-MILE SWIM (RECTANGLE)

- * Start at far left end of beach
- * Swim out straight to double bouys
- * Swim left-to-right to next set of double bouys
- * Swim back in to shore...exit under swim finish towers over timing mats