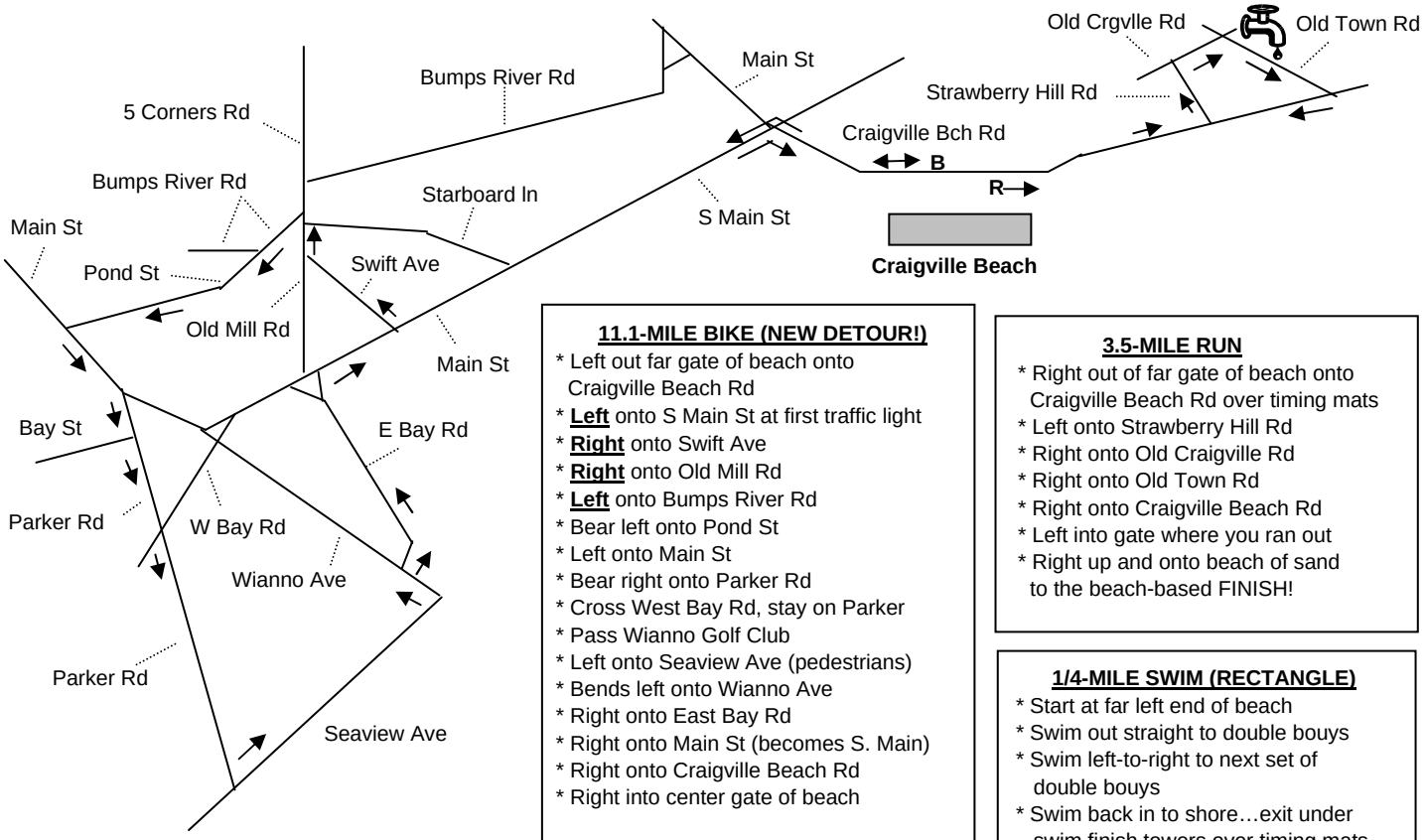
HYANNIS SPRINTS 1 AND 2 TRIATHLONS



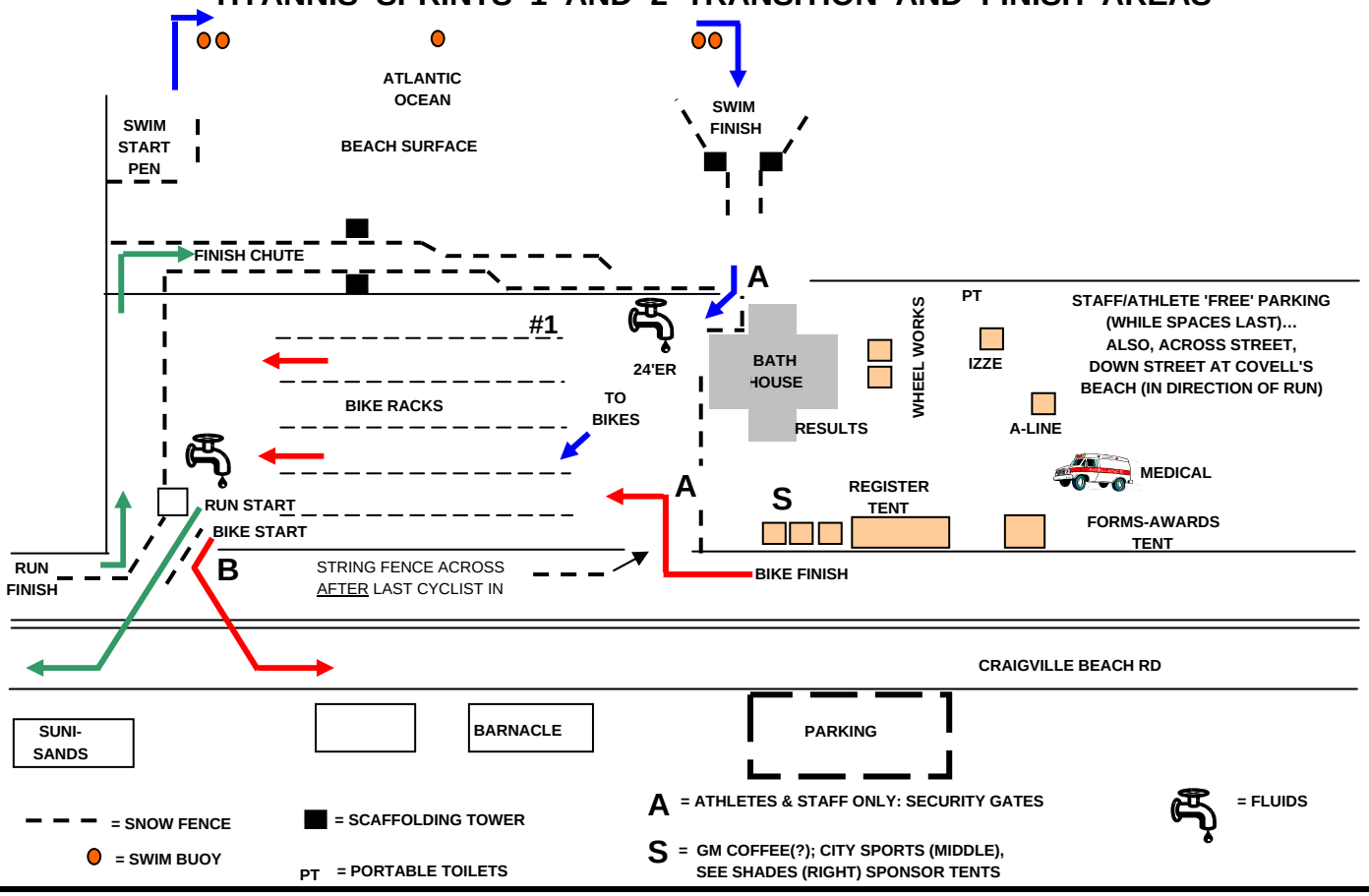
11.1-MILE BIKE (NEW DETOUR!)

* Left out far gate of beach onto Craigville Beach Rd
* **Left** onto S Main St at first traffic light
* **Right** onto Swift Ave
* **Right** onto Old Mill Rd
* **Left** onto Bumps River 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

HYANNIS SPRINTS 1 AND 2 TRANSITION AND FINISH AREAS