

# IMPORTANT BIKE COURSE LAYOUT AND COURSE SIGNAGE INFORMATION



Dear 2025 TriCLE ROCK ROLL RUN Participants:

We're doing everything possible to make your race day fun and safe. This event is sanctioned by USA Triathlon and Rule 5.3 (Knowledge of Course) puts the responsibility of knowing and staying on the correct course as the sole responsibility of the participant.

**Our team will make every effort to help you stay on the correct course and keep you safe while doing so by implementing the following:**

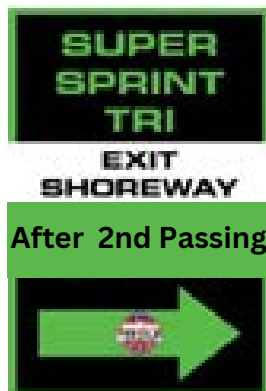
- Duct tape arrows and traffic cones on the road at every turn on the bike course.
- Distances are color coded. **SUPER SPRINT** | **SPRINT** | **OLYMPIC**
- CAUTION SLOW DOWN - TURN AHEAD signs at dangerous turns on the bike course
- Color coded A Frame signs (Super Sprint, Sprint and Olympic) at all Shoreway EXITS and separation points along the bike course
- Volunteers\* at critical locations on the bike course

**Tips for staying safe and completing the entire bike course:**

- Always pass another cyclist on their LEFT and verbally communicate this "On your left" as you pass by
- NEVER pass another cyclist on their RIGHT
- After passing, move to the far right after safely clearing the other cyclists front wheel
- NEVER assume the cyclist in front of you is in the same race as you...they may be doing a longer or shorter distance
- At the merge and separation points on the course stay in your lane until it is safe to move over
- Make sure you know how many laps on the Shoreway your distance requires and where the final EXIT on the Shoreway is located
- \*Volunteers are there to slow you down and point you in the direction of the course AFTER you make your decision to TURN, CONTINUE ON TO THE NEXT LAP or EXIT the Shoreway.
- PLEASE don't expect a volunteer to know what race you're doing or how many laps you've completed, that is your responsibility

The Shoreway EXIT signs are the MOST important signs on the course.

MAKE SURE YOU KNOW THEIR LOCATION ON THE COURSE AND HOW MANY LAPS YOU ARE REQUIRED TO RIDE FOR YOUR DISTANCE.





## Entering the Shoreway All Distances

USA Triathlon Competitive Rules  
Cycling Conduct

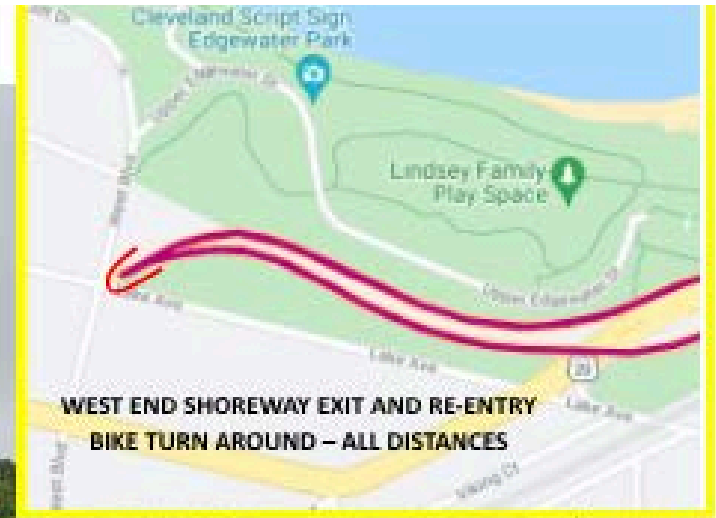
5.3 Knowledge of Course. The sole responsibility of knowing and following the prescribed cycling course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.



**W. 73rd Street & Shoreway Entrance Ramp (Westbound)**



## West End Turn Around All Distances



**WEST END SHOREWAY EXIT AND RE-ENTRY  
BIKE TURN AROUND - ALL DISTANCES**



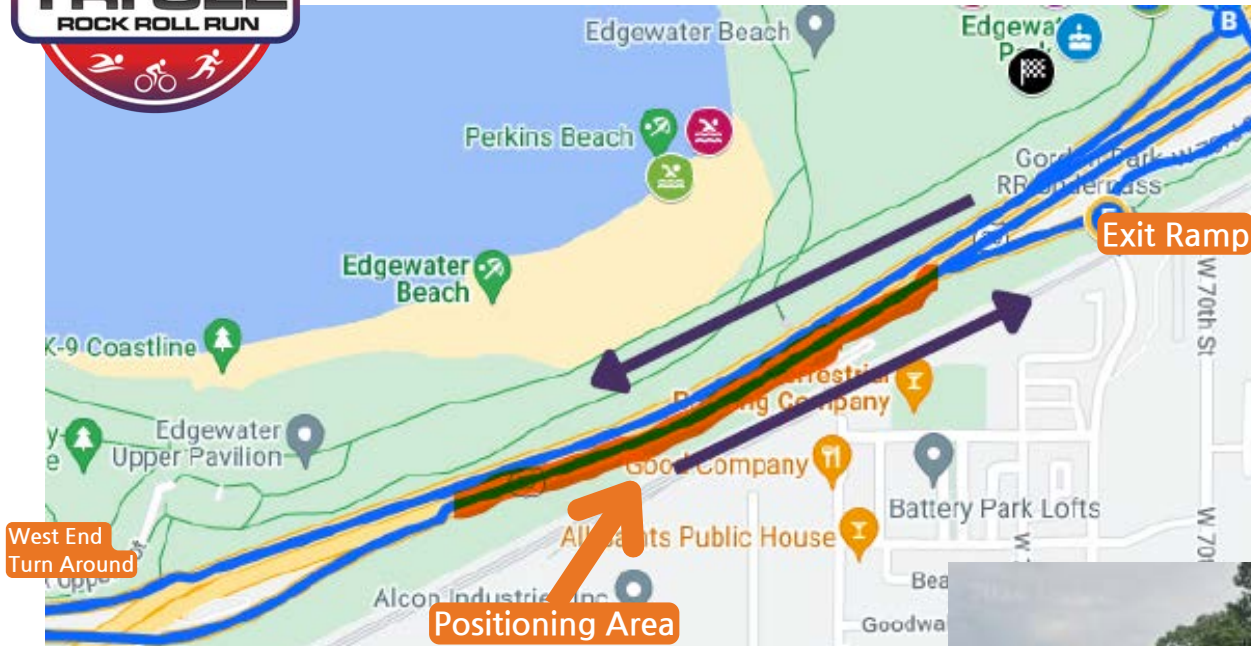
**Westbound Lake Rd./West Blvd. Turn Around**





# BEGIN TO POSITION TO EXIT (WHEN IT IS YOUR TURN)

All Distances



## IS IT YOUR TURN TO EXIT THE SHOREWAY?

After the **West End Turn Around** is when you should begin thinking, "Do I continue or do I exit?"

When the entrance ramp joins the highway, is when you should begin to position for your next move.

If you are EXITING stay to the RIGHT.

If you are CONTINUING East past Edgewater Park you may begin to maneuver to the center lane and continue the race line straight.

Reminder: You must maintain USAT rules when maneuvering.

## KNOW YOUR COURSE

**Olympic racers:** Turn at the West End 3x and East End 2x  
EXIT the Shoreway on the 3rd approach of the W. 73rd exit ramp. DO NOT CONTINUE ON FOR A 3RD LAP.

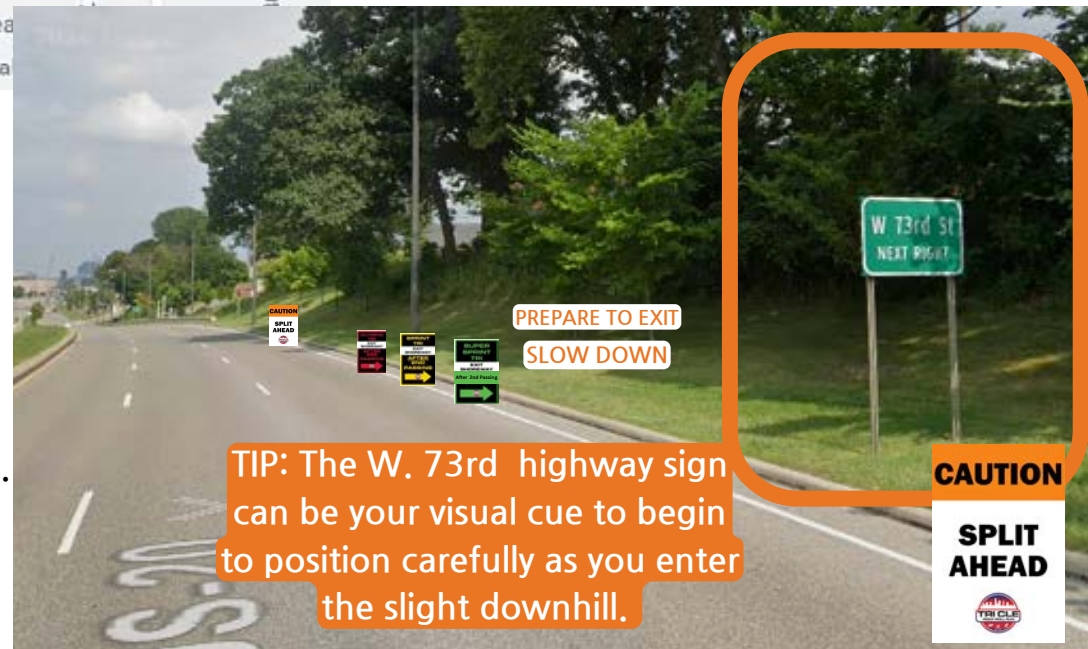
**Sprint racers:** Turn at the West End 2x and East End 1x  
EXIT the Shoreway on the 2nd approach of the W. 73rd exit ramp. DO NOT CONTINUE ON FOR A 2ND LAP.

**Super Sprint:** Turn at the West End 2x and West 45th St. loop 1 x  
racers EXIT the Shoreway on the 2nd approach of the W. 73rd exit ramp. DO NOT CONTINUE ON FOR A 2ND LAP.

This event is sanctioned by USA Triathlon and Rule 5.3 (Knowledge of Course) puts the responsibility of knowing and staying on the correct course as the sole responsibility of the participant.

PLEASE don't expect a volunteer to know what race you're doing or how many laps you've completed, that is your responsibility.

## Eastbound Towards W. 73rd Street Exit Ramp



TIP: The W. 73rd highway sign can be your visual cue to begin to position carefully as you enter the slight downhill.

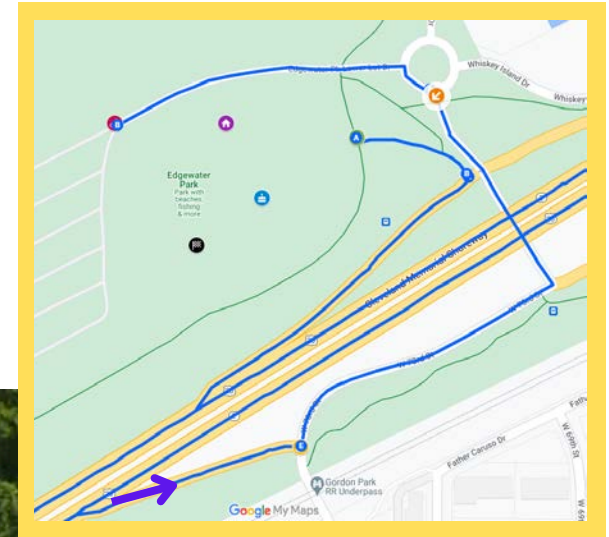


## Next Lap / Exit to Finish

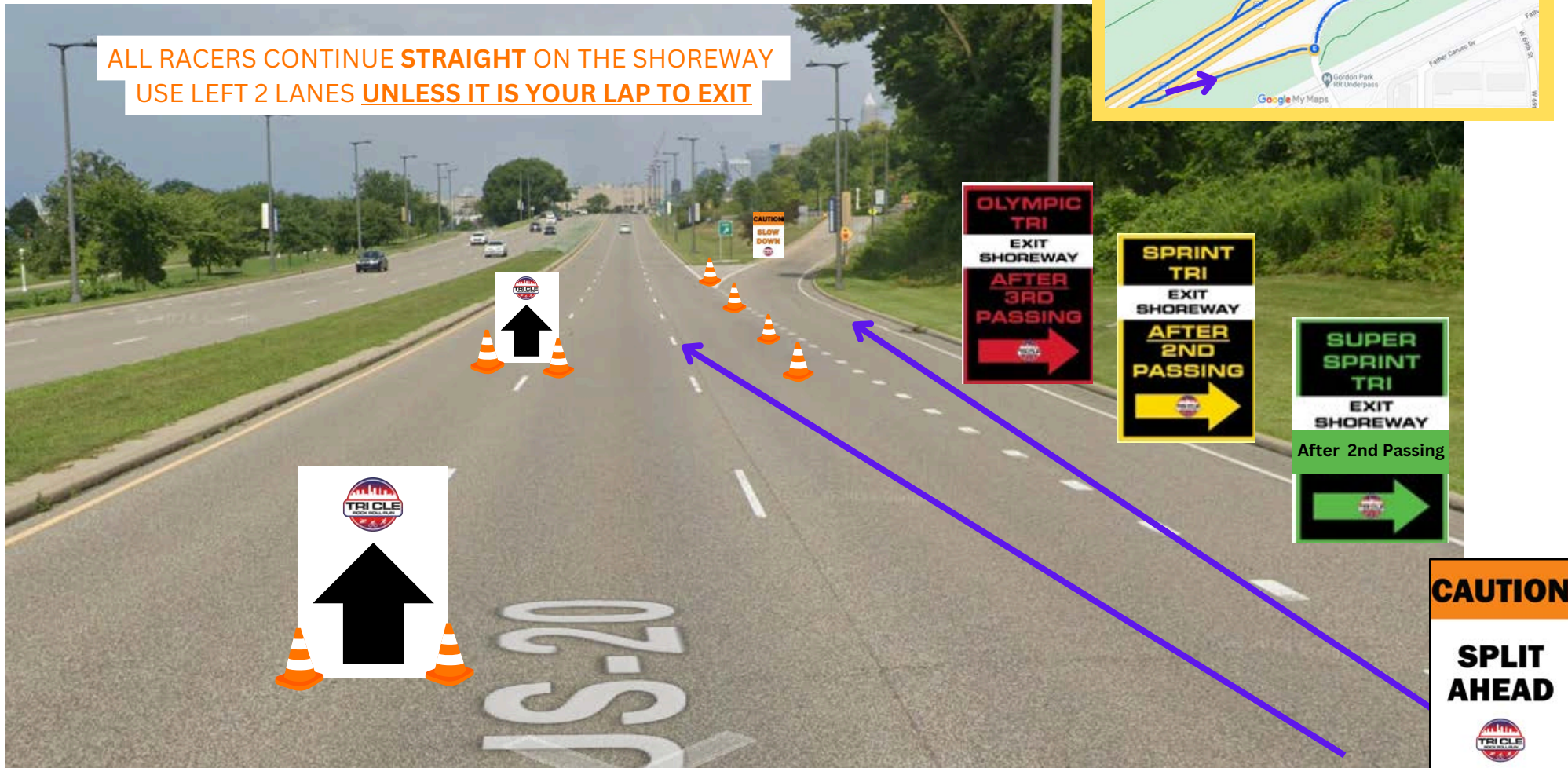
**Olympic racers** EXIT the Shoreway on the 3rd passing of these Shoreway EXIT signs.  
DO NOT CONTINUE ON FOR A 3RD LAP.

**Sprint racers** EXIT the Shoreway on the 2nd passing of these Shoreway EXIT signs.  
DO NOT CONTINUE ON FOR A 2ND LAP.

**Super Sprint racers** EXIT the Shoreway on the 2nd passing of these Shoreway EXIT signs.  
DO NOT CONTINUE ON FOR A 2ND LAP.



ALL RACERS CONTINUE STRAIGHT ON THE SHOREWAY  
USE LEFT 2 LANES UNLESS IT IS YOUR LAP TO EXIT

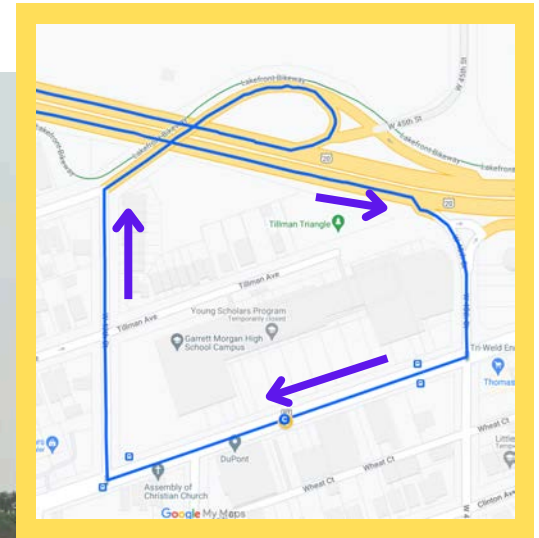
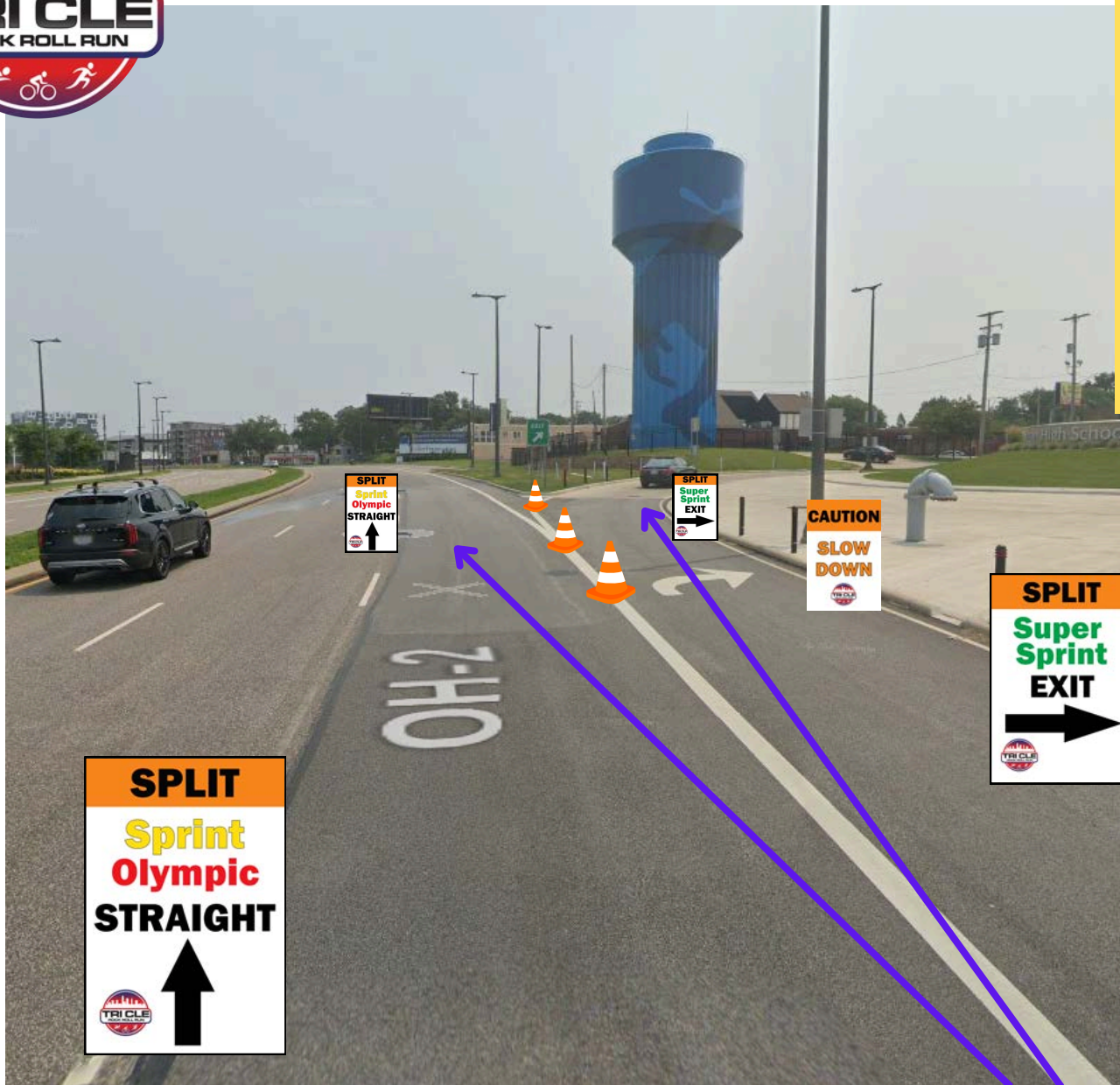


**Eastbound W. 73rd Street Exit Ramp**

You will see two sets (Super Sprint, Sprint and Olympic Shoreway EXIT Signs) before the Shoreway EXIT and these signs will be placed to provide plenty of time to move over to the right to EXIT the Shoreway at the 73rd Street EXIT.



# West 45th St. Exit Super Sprint Distance Only



**Super Sprint** racers EXIT the Shoreway on the 1st passing of these Shoreway EXIT signs. **DO NOT CONTINUE STRAIGHT.**

**Sprint & Olympic** racers **DO NOT EXIT. CONTINUE STRAIGHT.**

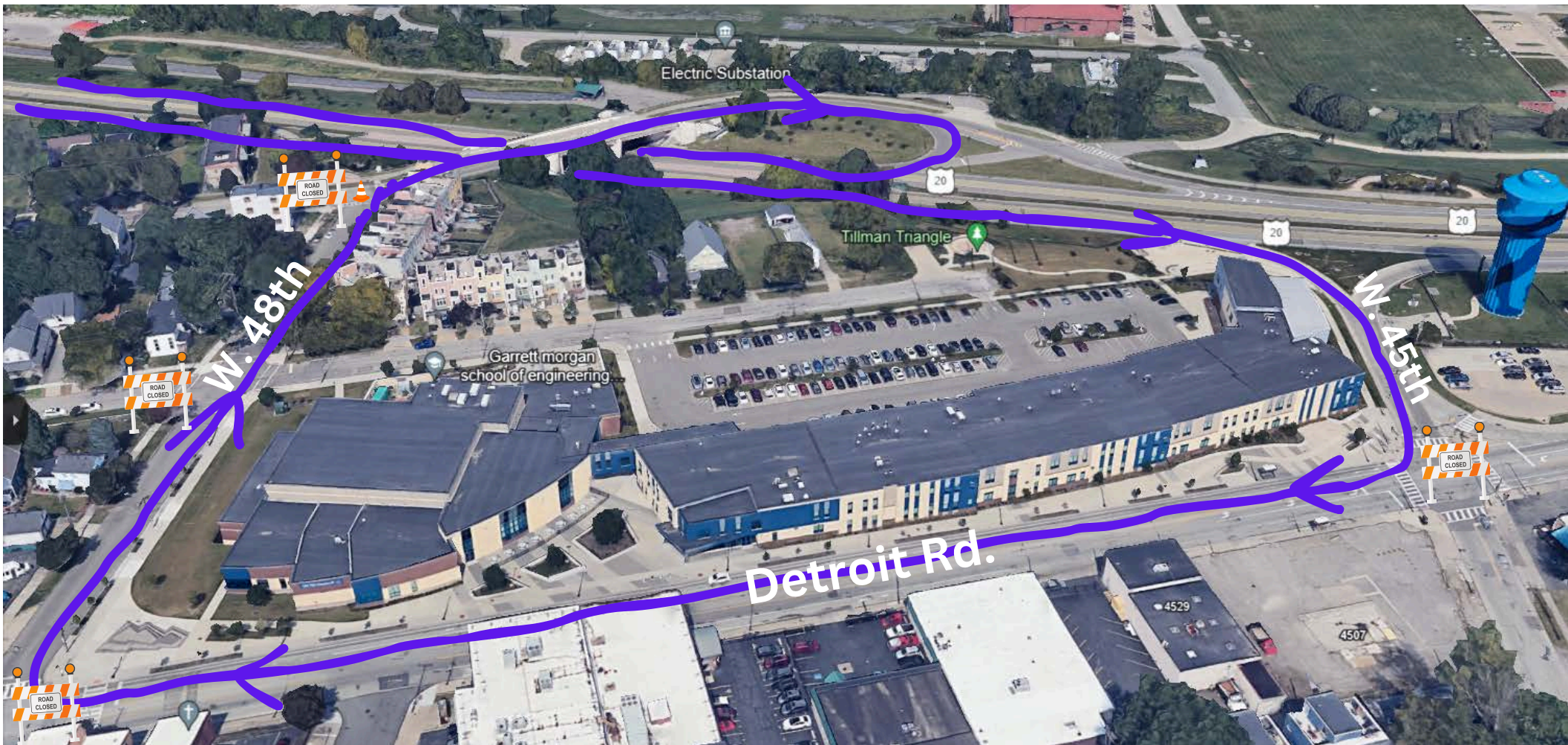
Eastbound W. 45th Street Exit Ramp



## West 45th and Detroit Rd

### Super Sprint Distance Only

**Super Sprint** racers EXIT the Shoreway at W. 45th St. Stay in RIGHT lane. Turn RIGHT at Detroit Rd, heading West, continuing to the next intersection of W. 48th St. Turn RIGHT and continue straight. When W. 48th St. ends, veer RIGHT and re-enter the Shoreway.



**W. 45th Street/ Detroit Road/ W. 48th Street**

**W. 45th, Detroit Road and W. 48th will be closed to car traffic. CAUTION REQUIRED as turns are quick.**

# Exit to East Turn Around

Sprint & Olympic Distance



Shoreway Exit to S. Marginal





# East End Turn Around

Sprint & Olympic Distance



S. Marginal Road to Shoreway Turn Around

Stay in LEFT LANE & LEFT of Traffic Cones  
Westbound lane of S. Marginal is open to car traffic

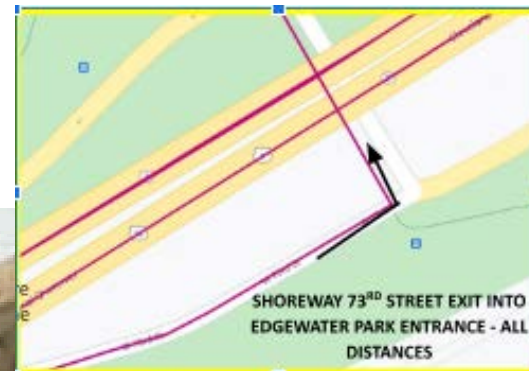


## Shoreway Exit to W. 73rd St

All Distances

# SLOW DOWN, TIGHT TURNS

BIKES MUST KEEP LEFT UNTIL DISMOUNT LINE



Shoreway Exit to W. 73rd Street

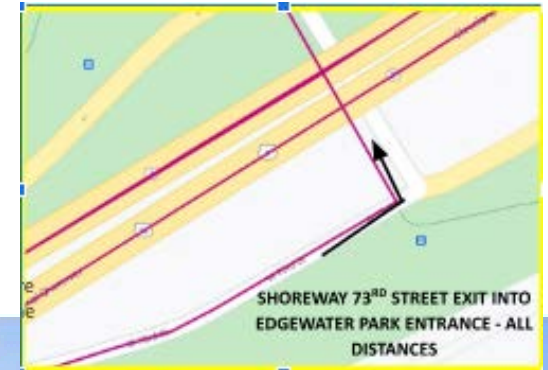


## Entering Edgewater Park

All Distances

**SLOW DOWN  
TIGHT TURN**

**BIKES MUST KEEP LEFT UNTIL DISMOUNT LINE**



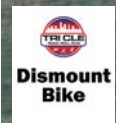
**W. 73rd Street to Edgewater Park Entrance**

# Edgewater Park Roundabout to Transition

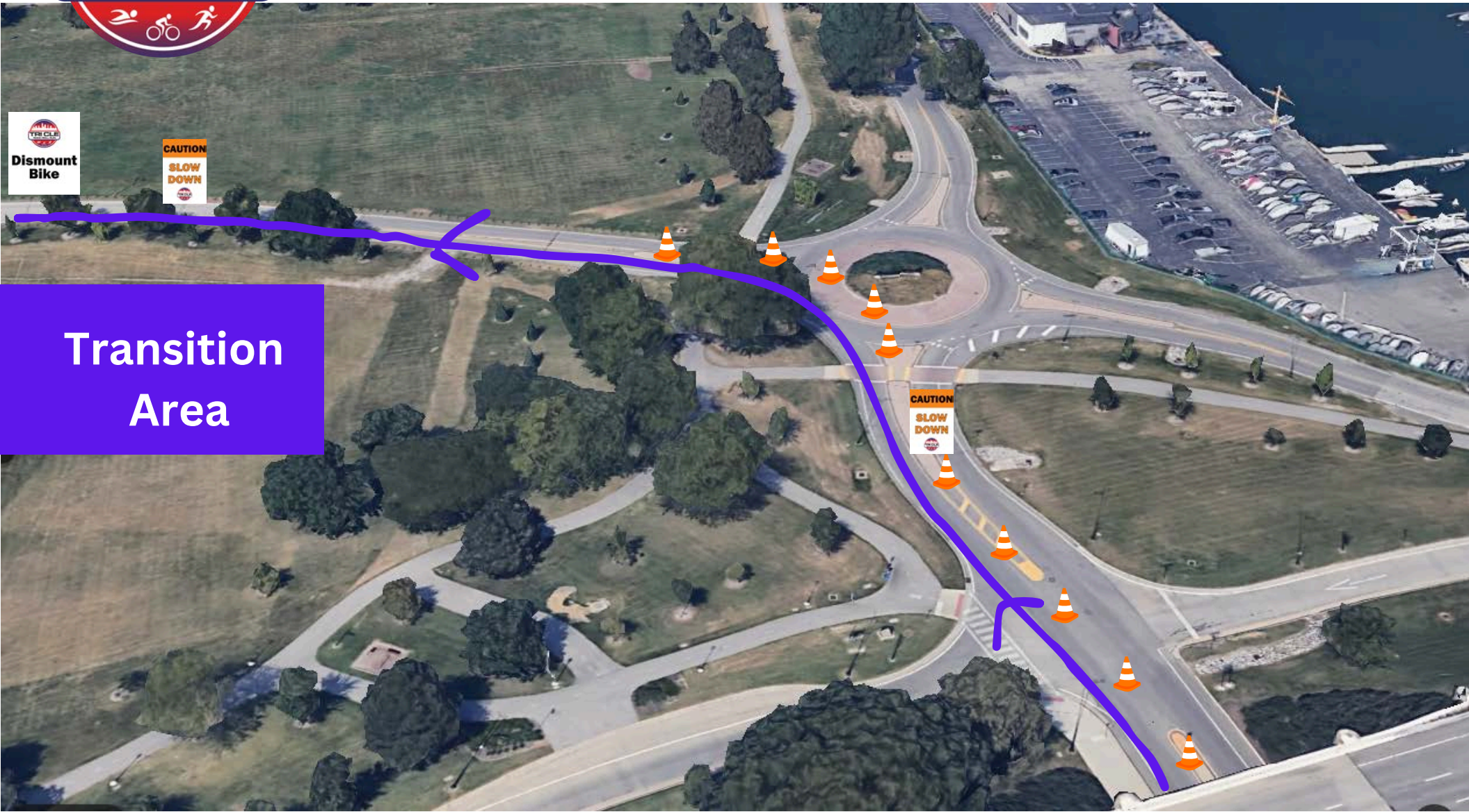
All Distances

## **SLOW DOWN, BIKE DISMOUNT AHEAD**

BIKES MUST KEEP LEFT UNTIL DISMOUNT LINE



**Transition Area**



**Edgewater Park Entrance Roundabout**