SPRINT TRIATHLON
BIKE COURSE

TOTAL DISTANCE = 13 MILES
TOTAL ASCENT = 680 feet / 207 meters

FIRSTKNIGHT RACING

MILE	DIRECTION
0	Exit transition area
0.1	Head north on Lake Ave (becomes Oak St)
0.2	Turn right onto Central Ave
0.6	Turn right onto West Lake Rd
2.7	Turn left / cross road onto Route 54A
8.8	Bike turnaround in Branchport at blinking light, head northeast on 54A
13.1	Turn right onto Central Ave
13.5	Turn left onto North Ave / cross road – NO PEDAL ZONE Transition area will be ahead on the right



BIKE COURSE ELEVATION

