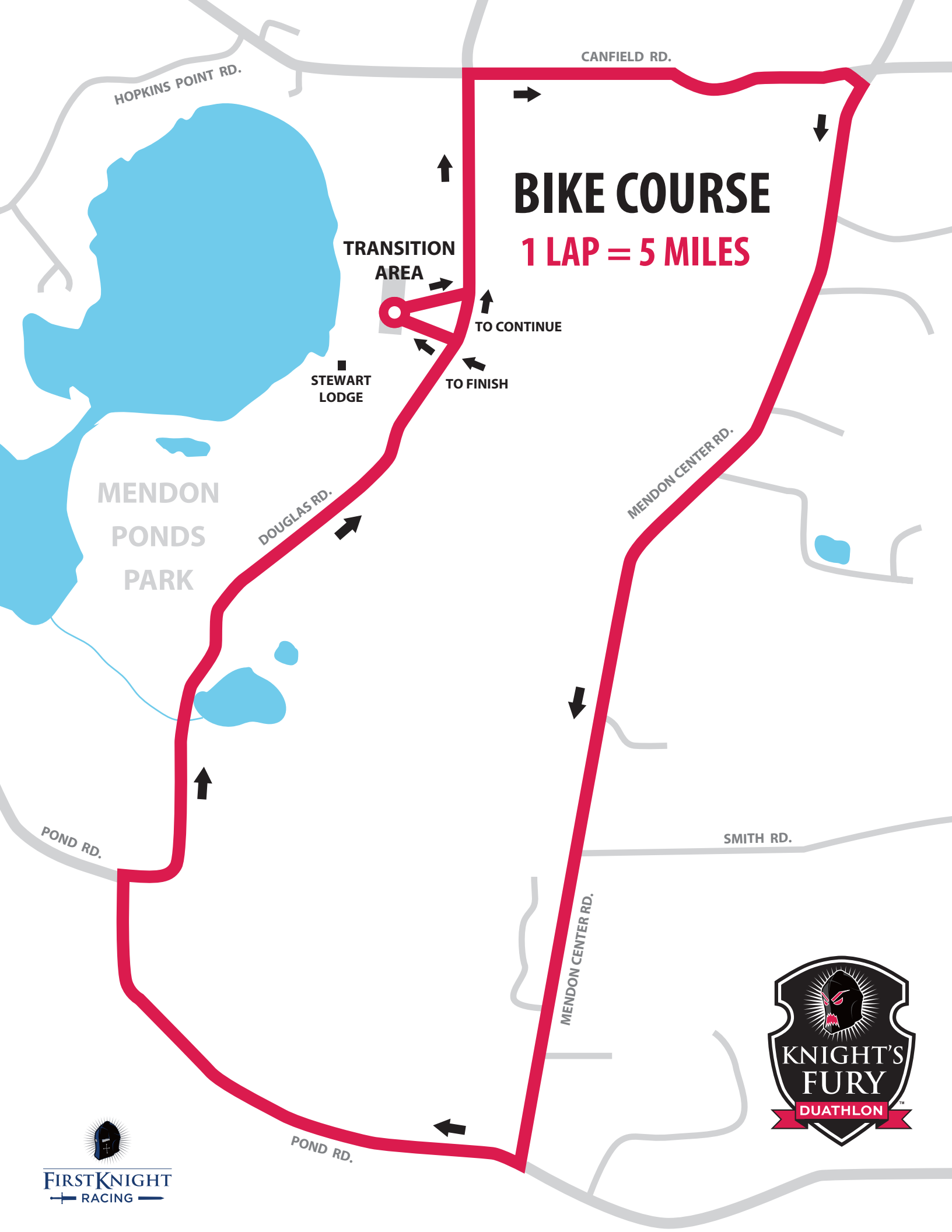
BIKE COURSE
1 LAP = 5 MILES
TRANSITION AREA
TO CONTINUE
TO FINISH
STEWART LODGE
CANFIELD RD.
HOPKINS POINT RD.
MENDON PONDS PARK
DOUGLAS RD.
MENDON CENTER RD.
POND RD.
SMITH RD.
MENDON CENTER RD.
POND RD.
KNIGHT'S FURY
DUATHLON
FIRSTKNIGHT RACING