INTERMEDIATE TRIATHLON
BIKE COURSE

TOTAL DISTANCE = 25 MILES
TOTAL ASCENT = 1,171 feet / 357 meters

FIRST KNIGHT 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 Road
2.7	Turn left / cross road onto Route 54A
8.8	Bike turnaround in Branchport at blinking light, head northeast on 54A
10.2	Turn right onto Pepper Rd
12.1	Turn right onto Skyline Dr
16.0	Bike turnaround - head back north on Skyline Dr
23.1	Turn left / cross road onto onto Assembly Ave
23.2	Turn right onto Route 54A
24	Turn right onto Central Ave
24.7	Turn left onto North Ave / cross road – NO PEDAL ZONE Transition area will be ahead on the right



BIKE COURSE ELEVATION

