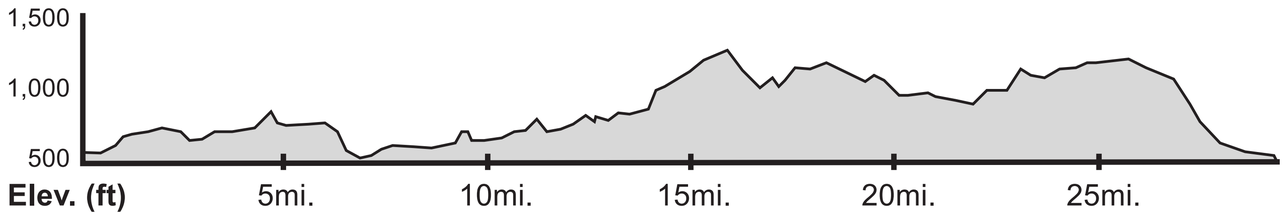
BIKE COURSE

- **Sprint: Out & Back (14 m)**
- **Intermediate/Interm. Duathlon: 1 Lap (29 m)**
- **Half/Half Duathlon: 2 Laps (58 m)**
- **Full: 4 Laps (116 m)**



- **Total ascent <u>per lap</u> = 1,339 feet / 408 meters**
- **Total ascent for entire <u>Sprint Course</u> only = 741 ft. / 226 meters**

FIRST KNIGHT RACING

PEASANTMAN™ STEEL DISTANCE TRIATHLONS™

Racing out of the Dark Ages™

- Start from Indian Pines Park on Old Pines Trail
- Turn left onto NY-54A 7.0 mi
- Turn right onto Co Route 29/Guyanoga Rd 7.3 mi

***(Sprint turns around at this location)

- Turn left onto NY-364 13.9 mi
- Turn right onto Co Route 27/Voak Rd 14.2 mi
- Turn right onto Havens Corners Rd 15.8 mi
- Turn left onto Co Route 23/Lovejoy Rd 18.1 mi
- Turn right onto Ferguson Corners Rd 20.6 mi
- Turn right onto New York 14A S 21.8 mi
- Turn right onto Court St 28.1 mi
- Turn left onto Burns Terrace 28.2 mi
- Turn right onto NY-54A 28.8 mi
- Continue past Old Pines Trail to repeat course 29.0 mi
- If finishing, turn left onto Old Pines Trail into park.

Ferguson Corners Rd.

CAUTION / CONES

HIGH SPEED TRAFFIC AREA/ TURN WITH CARE

BIKE AID STATION 2

23

14A

Lovejoy Rd.

Havens Corners Rd.

27

Voak Rd.

364

29

BIKE AID STATION 1

364

14A

CAUTION

TURN WITH CARE

54

BIKE AID STATION 3/ SPECIAL NEEDS (HIGH SCHOOL)

Burns Terr.

Court St.

FINISHER CHUTE

54A

PENN YAN

Old Pines Trail

INDIAN PINES PARK

Sprint Return Only

START / FINISH

KEUKA LAKE

Sprint Return Only

14A

Guyanoga Rd.

BRANCHPORT

54A

54

SPRINT TURNAROUND

(ALL OTHERS TURN RIGHT)

Sprint Return Only