BIKE COURSE DIRECTIONS:
- Exit transition and go RT onto New Rd. (main Park Rd.)
- Turn RT onto Hughes Rd.
- Turn RT onto Quakerbridge Rd.
- Turn RT onto Village Rd. West
- Turn RT onto S. Post Rd.
- Turn LEFT onto Conover Rd.
- Turn LEFT onto Edinburg/Dutch Neck Rd.
- Turn RT onto New Village Rd.
- Turn RT onto Old Trenton Rd.
- Turn RT onto New Rd. (main Park Rd.)
- Dismount bike on New Rd. in front of transition

(Sprint bike 11.5 miles)