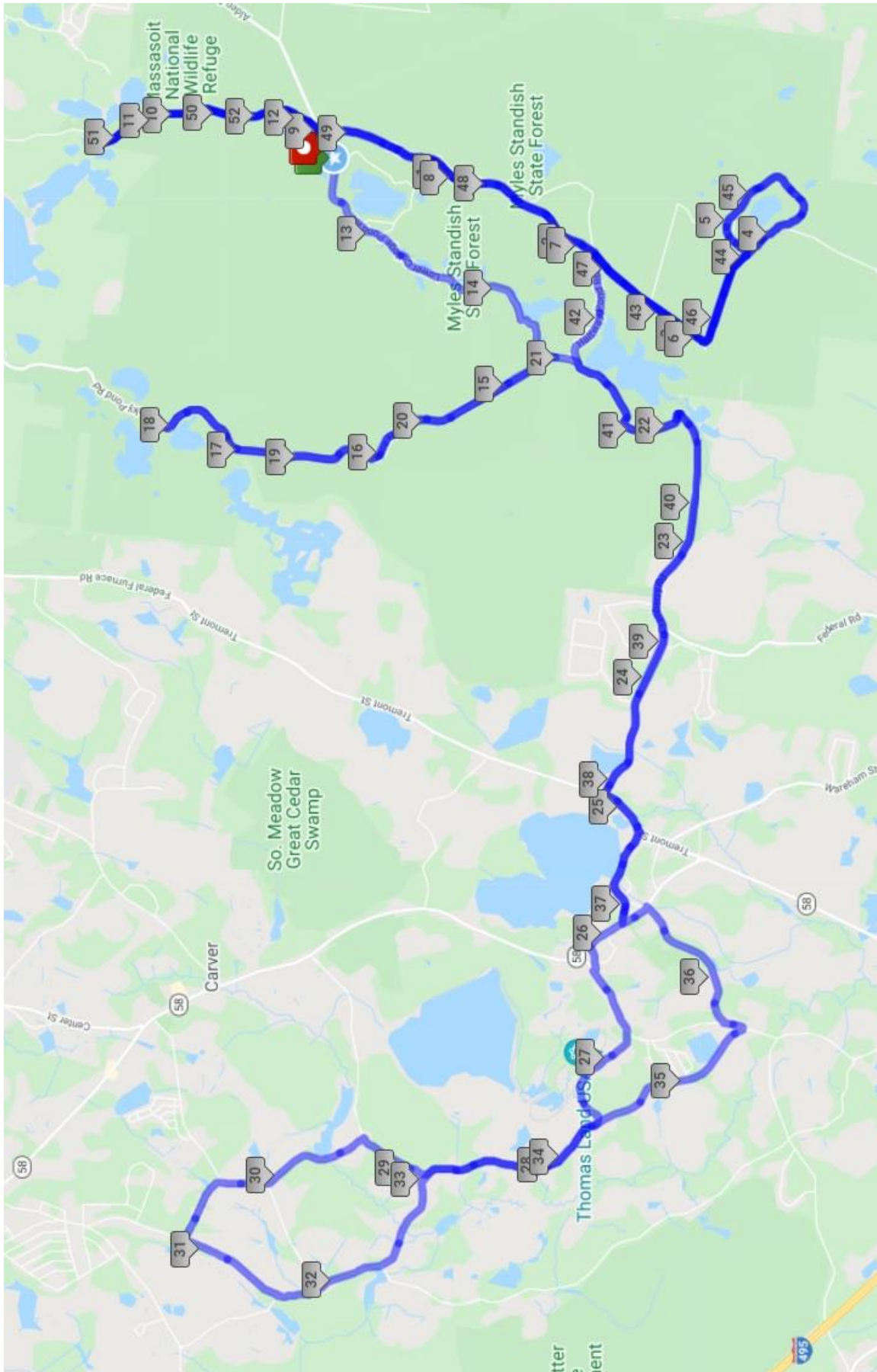


PILGRIMMAN TRIATHLON – HALF IRON BIKE COURSE (54 MILES)



PILGRIMMAN TRIATHLON – HALF IRON BIKE COURSE CUE SHEET (53 MILES)

- 0.0 Exit transitions and go right onto Lower College Pond Road
- 0.2 Right onto Upper College Pond Road
- 3.2 Left onto Fearing Pond Road and complete loop around the pond
- 5.3 Right onto Fearing Pond Road
- 5.9 Right onto Upper College Pond Road
- 9.0 At fork, stay right onto Upper College Pond Rd
- 9.1 Left on Snake Hill Road and ride north to turnaround
- 10.7 Complete turnaround at Snake Hill Rd and Knotty Pine Rd and ride south
- 12.2 Right on Lower College Pond Road
- 14.7 Right onto Bare Hill Road and ride north to turnaround
- 17.8 Complete turnaround at Widgeon Pond Rd and ride south on Bare Hill Road
- 21.0 Stay right onto Lower College Pond Road
- 22.1 Right onto Cranberry Road
- 24.9 Left onto Tremont Street
- 25.2 Right on Lakeview Street
- 25.9 Right onto South Main Street/Rte-58
- 26.2 Left onto Rochester Road
- 26.8 Right on Pine Street
- 27.7 Right onto Meadow Street
- 28.9 Stay right at fork to stay on Meadow Street
- 29.4 Turn left onto Holmes Street
- 30.5 Left onto Beaver Dam
- 30.9 Left onto Fosdick Road
- 31.6 Continue onto Popes Point Road
- 33.1 Continue on Meadow Street
- 35.6 Left onto Rochester Road
- 35.7 Right on Indian Street
- 36.7 Right onto South Main Street/Rte-58
- 35.9 Left onto Church Street
- 37.6 Left on Tremont Street
- 37.9 Right onto Cranberry Road
- 40.6 Left on Lower College Pond Road
- 41.7 Right onto Halfway Pond Road
- 42.4 Right onto Upper College Pond Road
- 43.4 Left onto Fearing Pond Road and complete loop around the pond
- 45.6 Right onto Fearing Pond Road
- 46.2 Right onto Upper College Pond Road
- 49.2 Bear right at fork to stay on Upper College Pond Rd

- 49.3 Left on Snake Hill Road and ride north to turnaround
- 50.8 Complete turnaround at Snake Hill Rd and Knotty Pine Rd and ride south
- 52.5 Right on Lower College Pond Road
- 53.0 Arrive at Finish