TRIATHLON ROUTE

SWIM: 300 YARDS IN HIGHLAND CENTER POOL (6 LAPS). Exit south door of pool, cross Stadium Rd. Crossing guards will stop traffic.

BIKE: 14 MILES OUT AND BACK
Pick up bike in Lot 7, ride south behind football stadium bleachers, cross Warren Street into the parking lot. Ride on the road between parking lots (be careful for bumps) and take a right onto Monks Ave. Continue south, crossing Hwy 90. Continue until the junction of Monks Ave (Cty. Rd. 8) and State Hwy 22. Turn around and follow the same route back.

RUN: 3 MILES OUT AND BACK
Drop off your bike in Lot 7, and run the same route as the bikers. Runners will need to stay to the right. Turn right onto Monks Ave out of the parking lot, running on the shoulder. At Woodhaven Circle, leave the road and run on the running path. Continue on the running path until Rosewood Drive, where there will be a water stop. Turn around and follow the same route back, finishing in Lot 7.