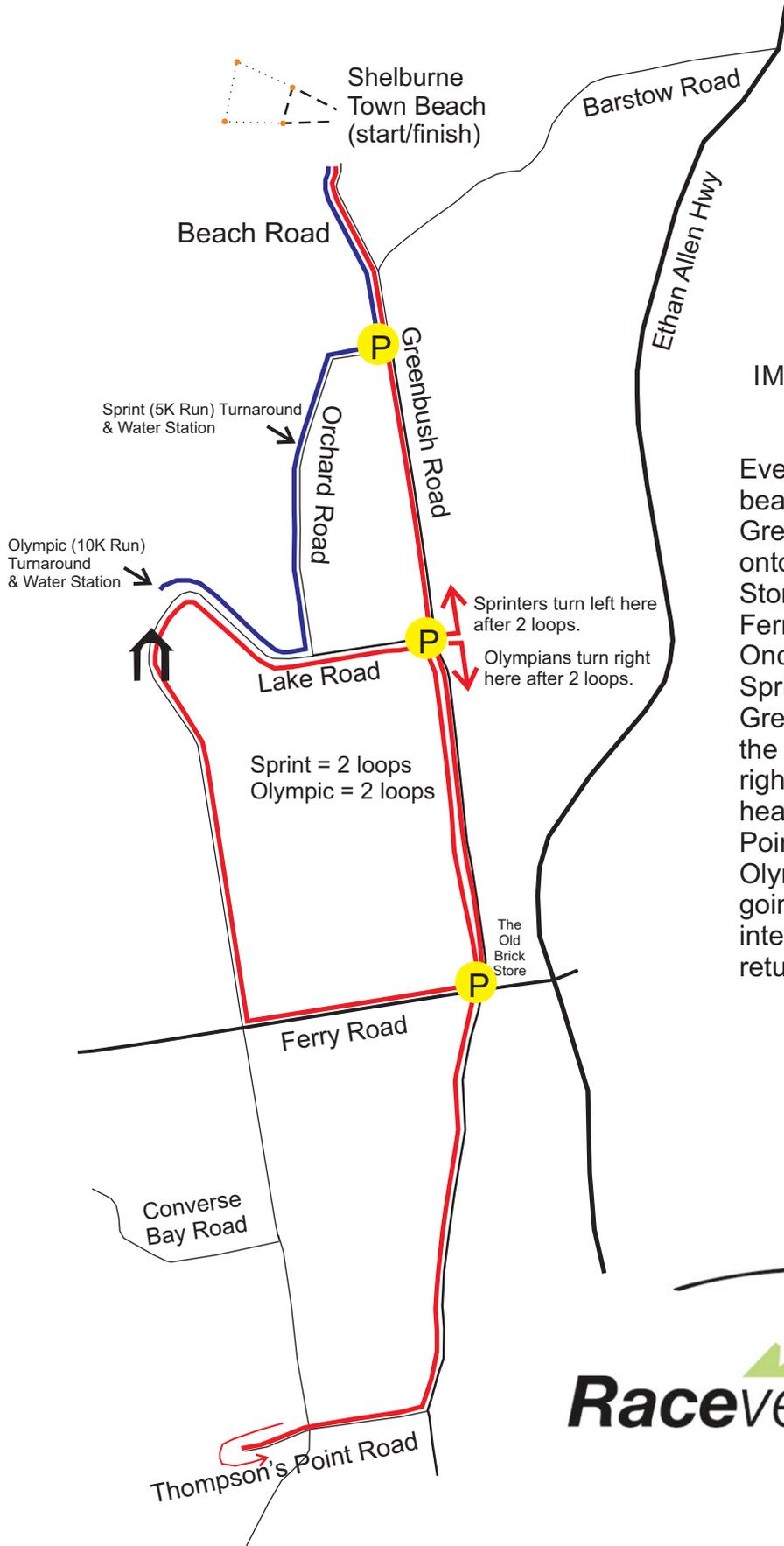


RaceVermont Triathlon - Sprint & Olympic Distance

500 yard lake swim / 15.8 mi. bike / 3.1 mi. run

.9 mi. lake swim / 27 mi. bike / 6.2 mi. run



- P** Police
- Bike
- Run

IMPORTANT NOTICE ABOUT BIKE PORTION:

Everyone will depart from the beach and head south onto Greenbush Road, turning right onto Ferry Road at The Old Brick Store to begin 2 loops of Ferry/Lake/Greenbush Roads. Once two loops are finished, Sprinters will head left onto Greenbush Road to go back to the beach. Olympians will turn right onto Greenbush Road to head south to the Thompson's Point Road turnaround. Olympians return to the beach by going straight through the intersection at Ferry Road and returning via Greenbush Road.