

BIKE COURSE DIRECTIONS

1. Exit transition and go **RT** onto New Rd. (main Park Rd.)
2. Turn **RT** onto Hughes Dr.
3. Turn **RT** onto Quakerbridge Rd.
4. Turn **RT** onto Village Rd. West
5. Turn **RT** onto S. Post Rd.
6. Turn **LEFT** onto Conover Rd.
7. Turn **LEFT** onto Edinburg/Dutch Neck Rd.
8. Turn **RT** onto New Village Rd.
9. Turn **RT** onto Old Trenton Rd.
10. Turn **RT** into park (Old Trenton entrance)
11. Dismount bike on New Rd. in front of transition

(Sprint bike 11 miles)

