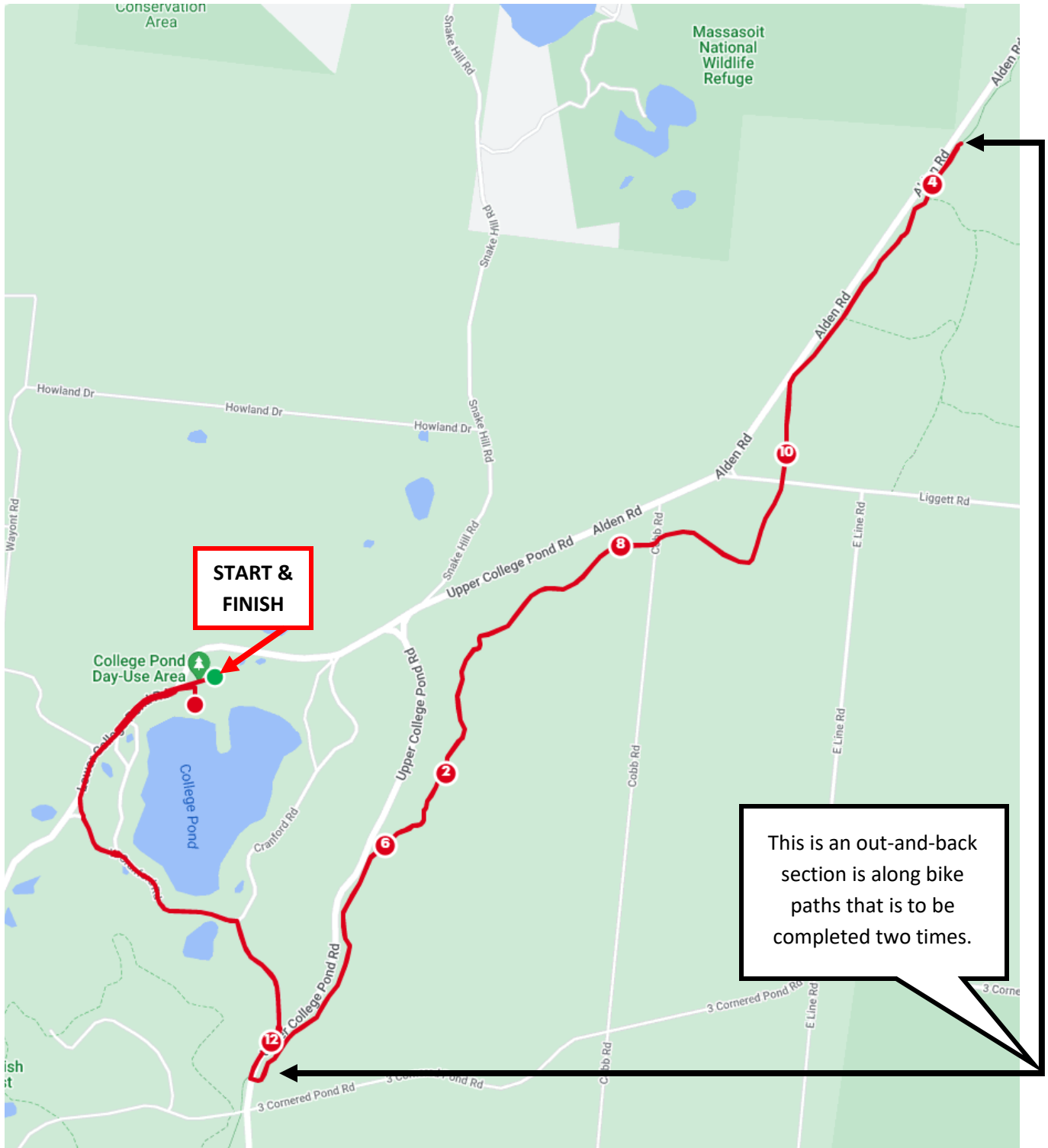


2023 PILGRIMMAN TRIATHLON – HALF DISTANCE TRIATHLON RUN COURSE (13.1 miles)



CUE SHEET:

- From transition go south on Lower College Pond Rd and turn left on West Cranford Rd (mile 0.4).
- Right on Upper College Pond (mile 1.1) and then turn left, crossing over Upper College Pond Rd, to pick-up the Frost Pocket Path bike path (mile 1.2).
- Take this bike path northeast across Cobb Rd (mile 2.6), Liggett Rd (mile 3.0) to turnaround point and turn around and back to where the Frost Pocket Path bike path meets Upper College Pond Rd (mile 6.5).
- Complete this out and back section along the Frost Pocket Pond bike path a 2nd time.
- After completing the Frost Pocket Pond bike path out-and-back a 2nd time, cross over Upper College Pond Road and turn right (mile 11.9).
- Turn left onto West Cranford Road (mile 12.0), then turn right on Lower College Pond Road (mile 12.7) and return to College Pond and the finish.

COURSE ELEVATION PROFILE

