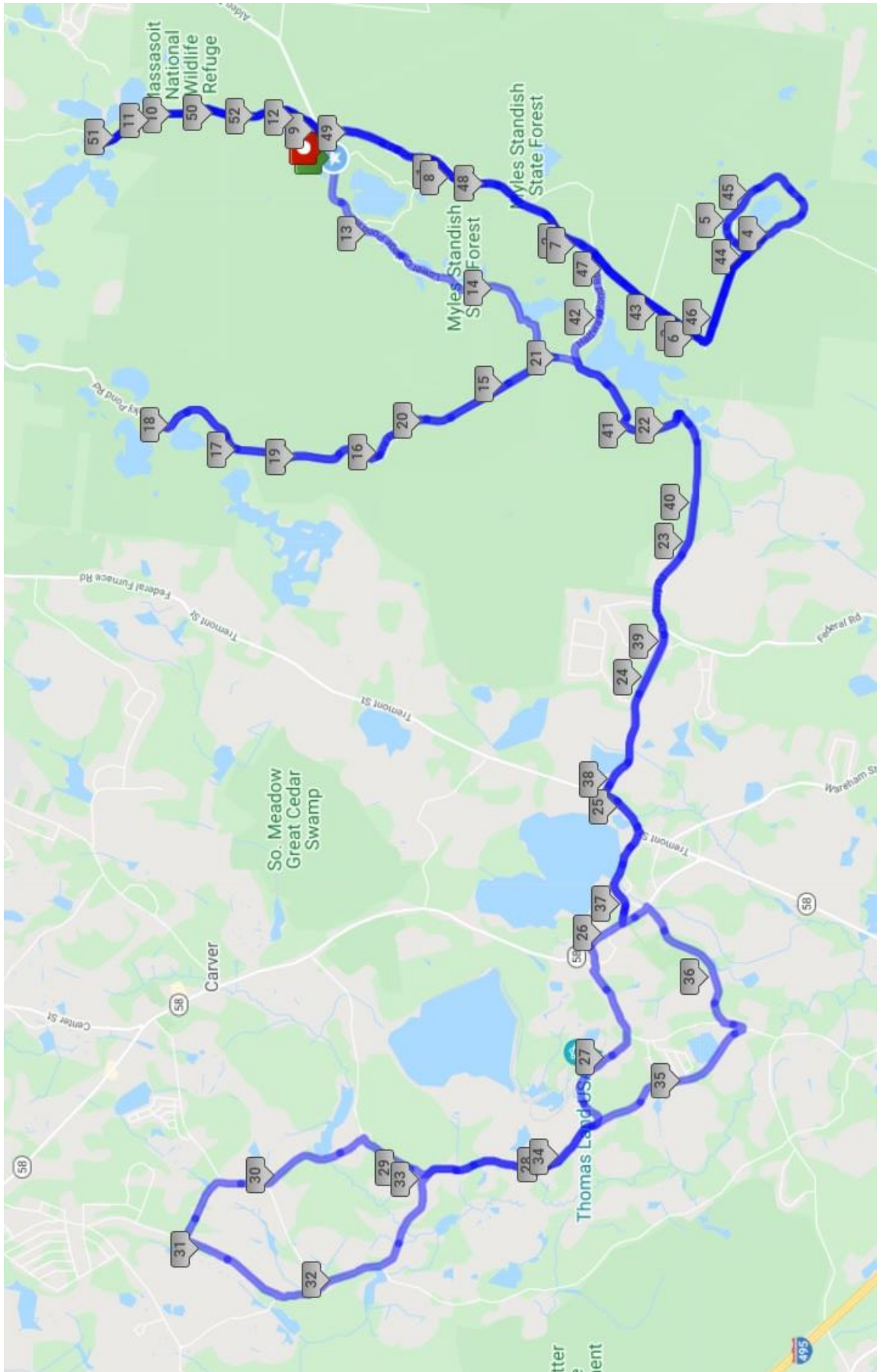


# PILGRIMMAN TRIATHLON – HALF IRON BIKE COURSE (54 MILES)



## **PILGRIMMAN TRIATHLON – HALF IRON BIKE COURSE CUE SHEET (54 MILES)**

- 0.0 Exit transitions and go right onto Lower College Pond Road
- 0.3 Right onto Upper College Pond Road
- 3.3 Left onto Fearing Pond Road and complete loop around the pond
- 5.5 Right onto Fearing Pond Road
- 6.1 Right onto Upper College Pond Road
- 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
- 12.4 Right on Lower College Pond Road
- 14.8 Right onto Bare Hill Road and ride north to turnaround
- 19.0 Complete turnaround at Widgeon Pond Rd and ride south on Bare Hill Road
- 24.9 Stay right onto Lower College Pond Road
- 26.1 Right onto Cranberry Road
- 26.8 Left onto Tremont Street
- 27.1 Right on Lakeview Street
- 27.8 Right onto South Main Street/Rte-58
- 28.1 Left onto Rochester Road
- 28.7 Right on Pine Street
- 29.5 Right onto Meadow Street
- 31.3 Left onto Beaver Dam
- 32.0 Left onto Fosdick Road
- 32.8 Continue onto Popes Point Road
- 33.9 Continue on Meadow Street
- 36.4 Left onto Rochester Road
- 36.5 Right on Indian Street
- 37.6 Left onto South Main Street
- 37.7 Right onto Lakeview Street
- 38.4 Left on Tremont Street
- 38.8 Right onto Cranberry Road
- 41.5 Left on Lower College Pond Road
- 42.5 Right onto Halfway Pond Road
- 43.3 Right onto Upper College Pond Road
- 44.3 Left onto Fearing Pond Road and complete loop around the pond
- 46.4 Right onto Fearing Pond Road
- 47.0 Right onto Upper College Pond Road
- 50.1 Left on Snake Hill Road and ride north to turnaround
- 51.7 Complete turnaround at Snake Hill Rd and Knotty Pine Rd and ride south
- 53.3 Right on Lower College Pond Road
- 53.6 Arrive at Finish