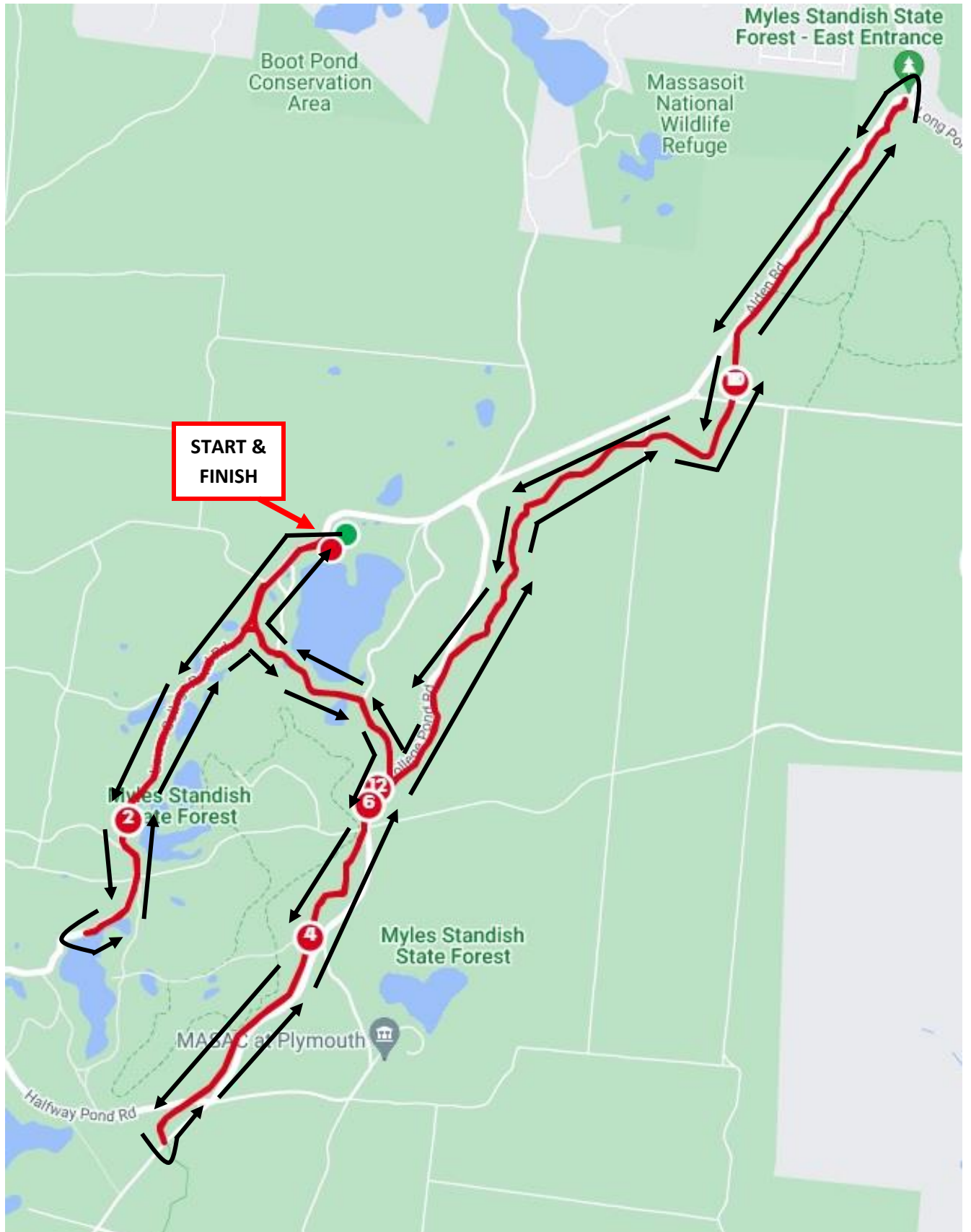


2022 PILGRIMMAN TRIATHLON – HALF DISTANCE TRIATHLON RUN COURSE (13.1 miles)



CUE SHEET:

- From transition go south on Lower College Pond Rd to turnaround (mile 1.6) then go north on Lower College Pond Rd.
- Right on West Cranford Rd (mile 2.7).
- Right on Upper College Pond (mile 3.1) and then pick-up bike path (mile 3.2).
- Take bike path south over 3 Cornered Pond Rd (mile 3.4), Negus Rd (mile 3.9) and Halfway Pond Rd (mile 4.5) to turnaround where bike path meets Upper College Pond Rd (mile 4.7); turn around and head north on bike path.
- Cross over Upper College Pond Rd (mile 6) to connect with the Frost Pocket Path bike path; take this bike path northeast across Cobb Rd (mile 7.4), Liggett Rd (mile 7.8) to turnaround point at end where bike path meets Alden Rd (mile 8.9) and turn around and head southwest on the Frost Pocket Path bike path.
- Cross over Liggett Rd (mile 10) and Cobb Rd (mile 10.4) and then cross over Upper College Pond Rd (mile 11.9) and turn right on Upper College Pond Rd.
- Left on West Cranford Rd (mile 12).
- Right on Lower College Pond Rd (mile 12.7)
- Arrive at College Pond parking lot and proceed to the finish line (mile 13.1).