

3 South Carroll "WIN-THE-FIGHT" Sprint Triathlon

6/20/2010

1

Run 5k (3.1 miles)

After biking drop in bike staging area. Run around the rear of the pool and down driveway of adjacent horse farm behind pool, to right on Rt 26W to **turn around cones before Rt. 27** (Aid Station), return on Rt. 26E (same side of road) up main pool driveway to pool area finish line chute.

Start @ Pools 400M Swim:
First 48 swimmers in Pool #1 must finish in under 7:30 mins. or DQ.
Two swimmers per lane, starting at 7:00AM crossing timing mats as a lane is vacated in a continuous feed as assigned. Finish/go to Transition Area and take bike to designated "Mount" area on driveway.

Parking: Along Old Liberty Road (street across from SCSC driveway & parallel to Rt. 26). **No parking on Liberty Road at all.** Club parking lot available only until 6:30 a.m. No removal until approx. 11:30.

June 20, 2010
Start: 7am Pool Deck

Aid Stations: Bottom of run driveway, approx. .75-mile, and at run turn around. There are no Aid Stations during bike route (please put water/sports drink on your bike). If you will be picking up your packet on race day, Packets will be available on Saturday from 4:00-7:00PM and Sunday 5:30 AM until 6:30 AM. Race time is chip time – five splits will be given in results – three stages and two transitions, and overall.



2

Bike 14.7 Miles: ALL RULES OF THE ROAD MUST BE OBEYED / ROADS ARE NOT CLOSED TO TRAFFIC!!!

East on Rt-26 to Woodbine Rd. South. Continue down Woodbine Rd, south make a right at 5-mile mark on Gillis Falls Rd., west (not first Gillis Rd.), to right on Cabbage Spring Rd (north/west), to right on MD 27 North, to right on Gillis Road, left on Perry Road, to right on Braddock Road, to left on Skidmore (small road, proceed with caution) at the end of Skidmore, cross Route 26 (Liberty Rd) with State Police direction. **DISSEMBARK BIKE at STAGING AREA to transition into RUN.**