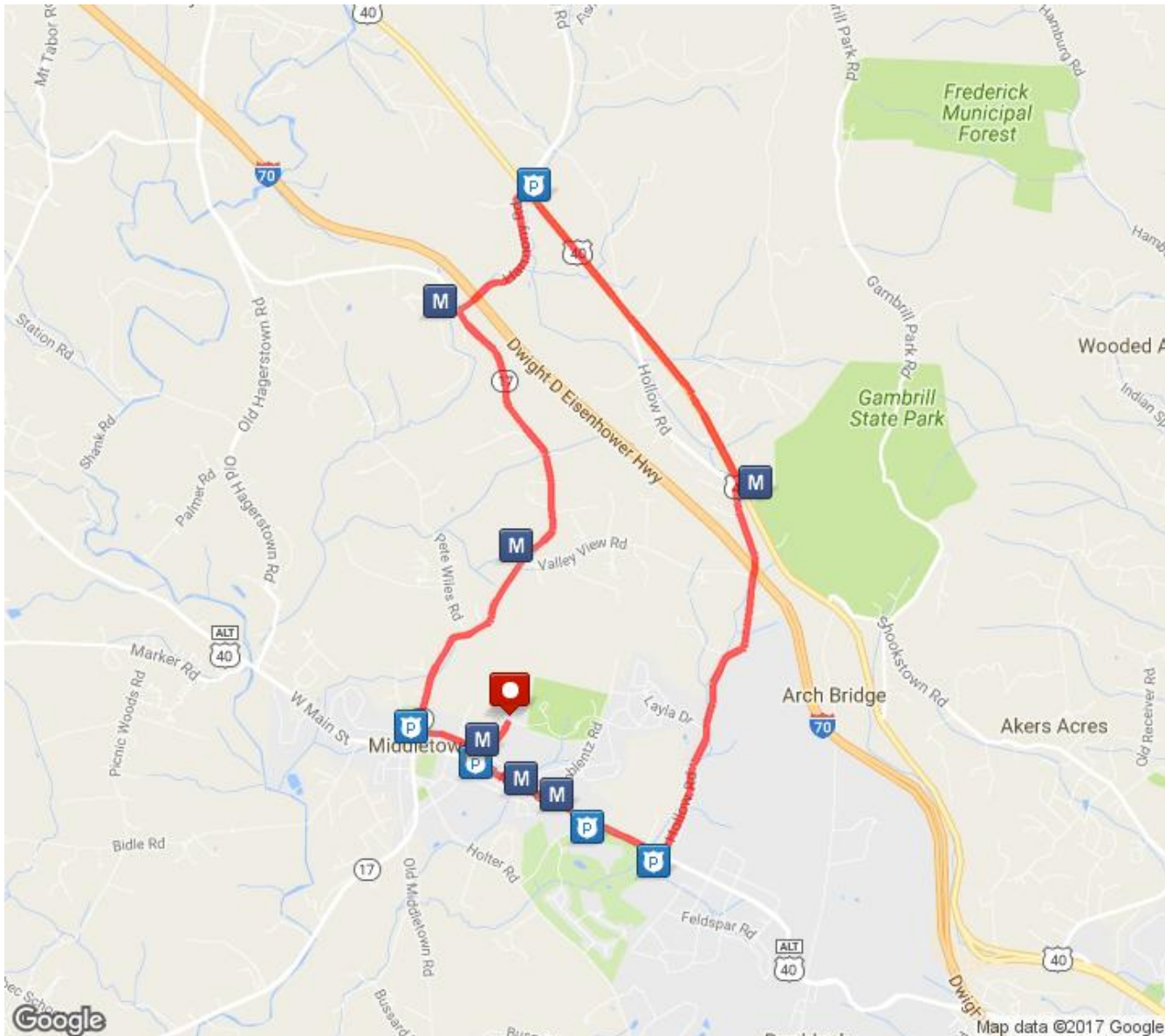


Frederick Sprint Triathlon Bike Route = 10.26 miles

5 Police Officers as traffic control / 6 Course Marshalls



1. Start at transition area on Schoolhouse Rd toward Green St.
2. Right on Green St. – Course Marshall stationed
3. Right on Myersville Rd (Route 17) – Police traffic control
4. Pass Valley View Rd – Course Marshall stationed
5. Right on Harmony Rd – Course Marshall stationed
6. Right on Baltimore National Pike (Route 40) - Police traffic control
7. Right on Hollow Rd. – Course Marshall stationed
8. Right on Old National Pike (Route 40-Main St.) – Police traffic control
9. Pass Middletown Parkway – Police traffic control
10. Pass Coblentz Rd – Course Marshall stationed
11. Pass Cone Branch Rd – Course Marshall stationed
12. Right on School House Rd – Police traffic control
13. Pass Green St. – See #2. above
14. End at transition area. See #1 above.