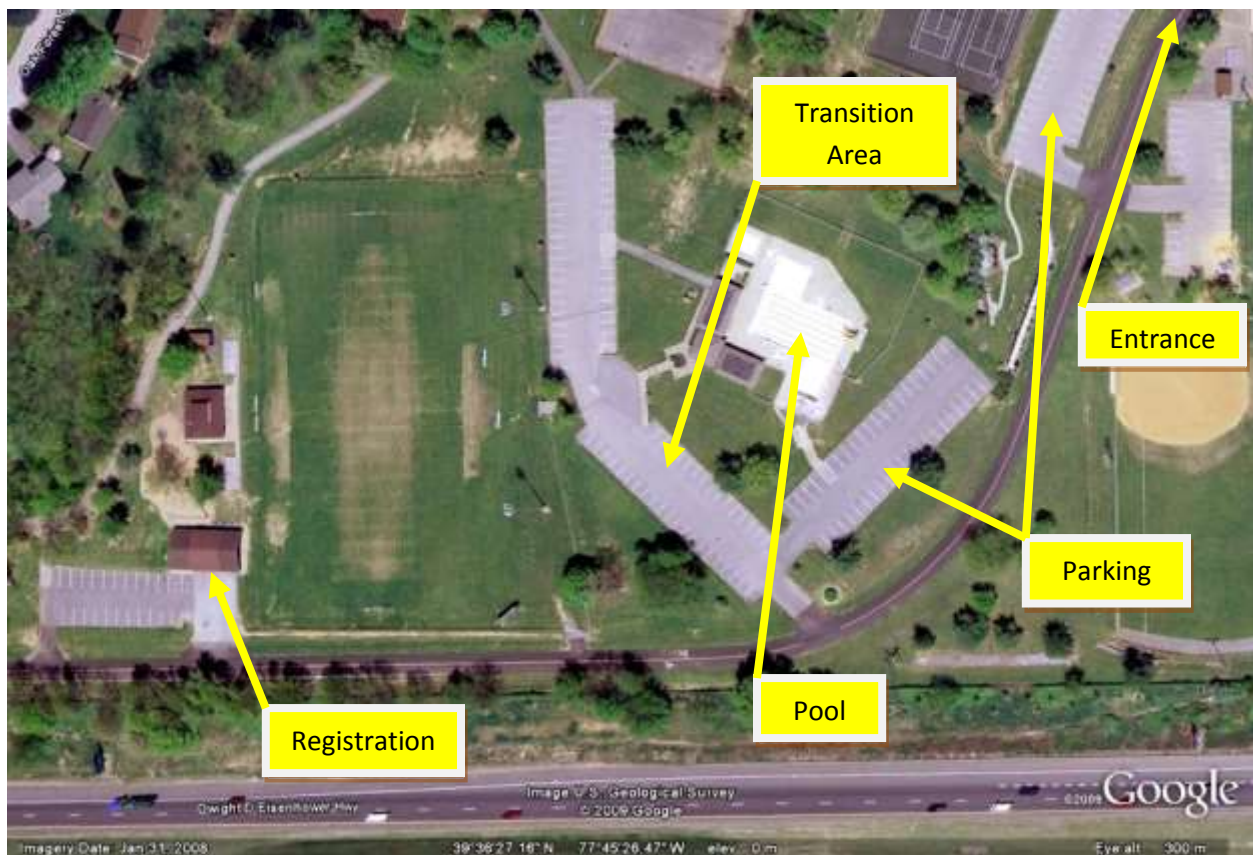


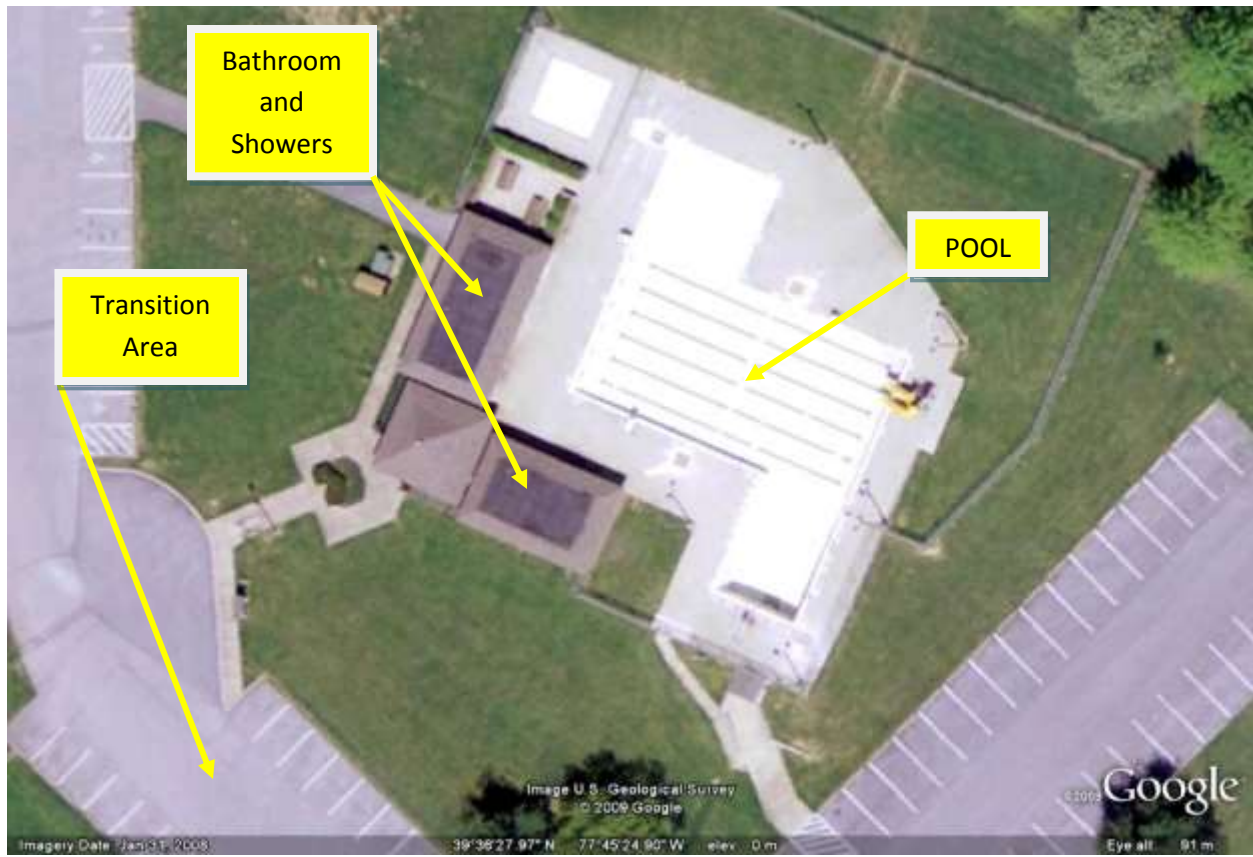


Hagerstown Sprint Triathlon Race Site-17901 Halfway Boulevard, Hagerstown, MD 21740



See the next five pages for details on the Swim, Bike and Run courses.

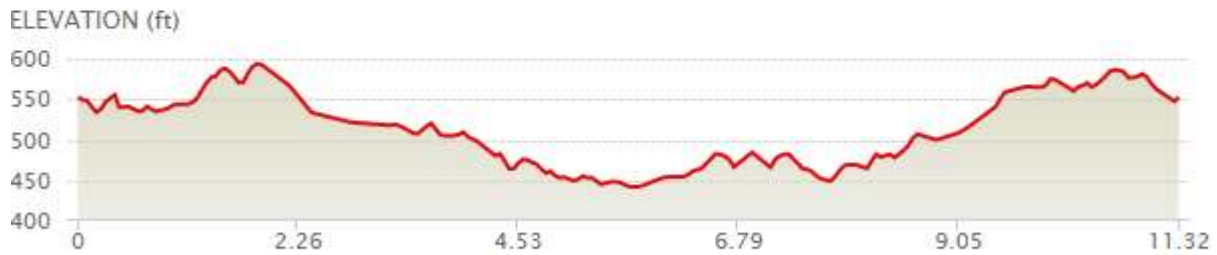
Hagerstown Sprint Triathlon Swim Course-Halfway Pool (25 meters)



Swim Detail: Swim will be an in-water start in the pool. The pool is a friendly 4 feet deep the entire length. There are showers in the bathrooms.

Hagerstown Sprint Triathlon Bike Course-total approximately 11.3 miles, 256 ft of climbing.
Visit this link for interactive map.

<http://www.mapmyride.com/routes/view/1149204295>



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
552 FT	595 FT	256 FT	

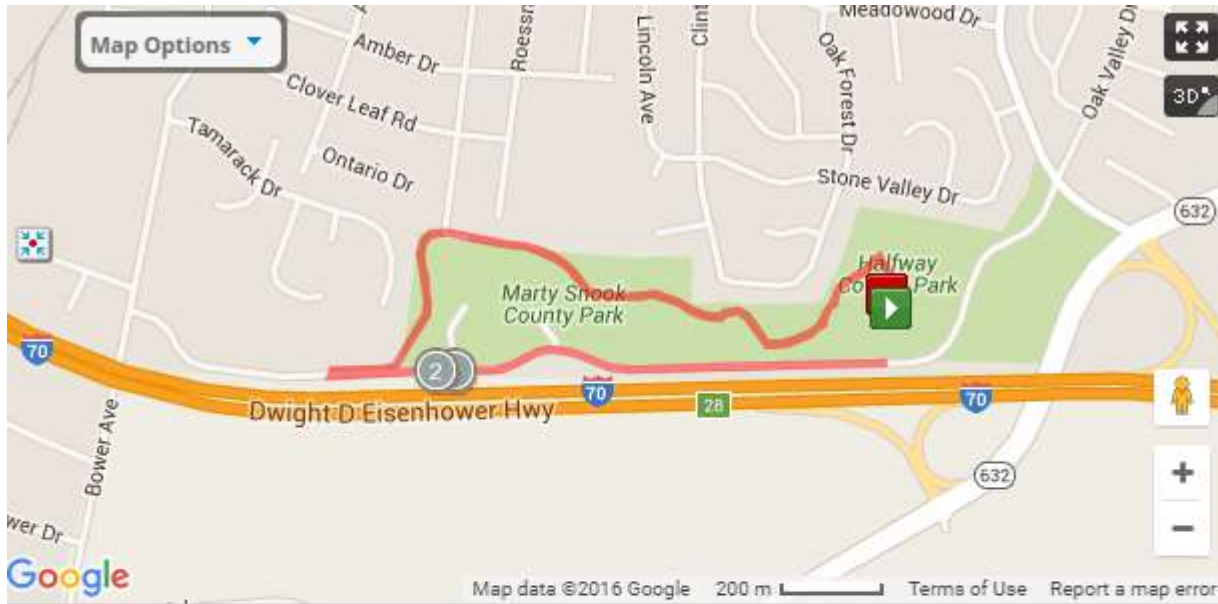
Bike Course Turn-By-Turn

- 1- L-Out of parking lot onto park road
- 2- R-onto Halfway Blvd
- 3- R-onto Downsville Pike (Rt 632)
- 4- R-Lappans Rd (Rt 68)
- 5- R-Governor Ln
- 6- R-Industrial Ln
- 7- U-Turn at end of Industrial Ln
- 8- R-Govenor Ln
- 9- R-Edward Daub Rd
- 10- R-Edward Daub Rd (again)
- 11- R-Sterling Rd
- 12- L-Bower Ave
- 13- R-into Park and proceed back to race site.

Hagerstown Sprint Triathlon 5K Run Course- elevation approx. 87 ft

Visit this link for interactive map.

<http://www.mapmyride.com/routes/view/1149210766>



ELEVATION (ft)



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
547 FT	597 FT	87 FT	

Run Course Turn-by-Turn

- 1- Start in parking lot heading towards the path
- 2- L-at the "T" in the path
- 3- Follow the path until the parking lot next to the volleyball court (around mile 1)
- 4- U-Turn onto the park road
- 5- Proceed down the park road towards the pool parking lot
- 6- Then u-turn just before the speed bump on the park road that is before the pool parking lot
- 7- Follow the same course back to the finish.