



Fort Ritchie Triathlon/Duathlon

Fort Ritchie Race Site-14421 Lake Royer Dr, Cascade, MD 21719



See next six pages for Bike and Run courses and turn-by-turn directions.

Fort Ritchie Swim Course-

The triathlon swim course is 750 meters. The Sprint course is one lap and the Olympic is two laps. Visit the link to see interactive map.

<http://www.mapmyride.com/routes/view/1149196585>



ELEVATION (ft)



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
1314 FT	1318 FT	1 FT	

Fort Ritchie Bike Course-

Olympic course is approximately 23 miles, 1600 feet of climbing. Visit this link to see interactive map.

<http://www.mapmyride.com/routes/view/1149168295>



Turn-By-Turn- Olympic Bike Course

- R-Out of Fort Ritchie onto MacAfee Hill Rd
- R-onto Raven Rock Rd (Rt 491)
- R-onto Fruit Tree Lane
- R-onto Buzzard Knob Ln
- R-Greensburg Rd
- R-Welty Church Rd
- Bear Left-Frazier Rd
- Bear left-Watery Ln
- L-Misty Meadow Rd.
- R-Welty Church Rd
- L-Greensburg Rd
- L-Buzzard Knob Ln
- L-Fruit Tree Ln
- R-Raven Rock Rd (Rt 491)
- U-turn on Raven Rock Rd (Rt. 491)
- Take Raven Rock Rd (Rt. 491) back up
- L-MacAfee Hill Rd
- L-into Fort Ritchie

Sprint course is approximately 14 miles, 1200 feet of climbing. Visit this link to see interactive map.

<http://www.mapmyride.com/routes/view/1149170602>



CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	0.06 mi/1.25 mi	1.19 mi	1,338 ft/1,580 ft	3.9%
	6.77 mi/12.78 mi	6.01 mi	873 ft/1,585 ft	2.2%

Turn-By-Turn- Sprint Bike Course

- R-Out of Fort Ritchie onto MacAfee Hill Rd
- R-onto Raven Rock Rd (Rt 491)
- U-turn near end of Raven Rock Rd (Rt. 491)
- Take Raven Rock Rd (Rt. 491) back up
- L-MacAfee Hill Rd
- L-into Fort Ritchie

Fort Ritchie Run Course- One lap for the Sprint (5K) and two laps for the Olympic (10K) (entire run within Fort Ritchie property.....little to no vehicular traffic) Elevation is approx. 225 ft per loop.

Visit this link for an interactive map.

<http://www.mapmyride.com/routes/view/1149185287>



ELEVATION (ft)



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
1311 FT	1471 FT	225 FT	

Turn-by-Turn Run Course

- Start on Lake Shore Drive next to Lakeside building
- L-onto Grombacher St
- L-onto Barrick Ave
- R-onto Boyd St
- L- onto Barrick Ave
- L- onto Redman Rd
- R-onto Barrick Ave
- R-onto E Ave
- R-onto Banfill Ave
- L-onto Grombacher St
- R-onto W Reckord Ave
- R-onto Mountain Rd
- R-W Banfill Ave
- L-Greenbow St
- L-Buena Vista Ave
- R-Redman Rd
- L-on Lake Shore Drive to the finish

Or

- R-on Lake Shore Drive to take second lap