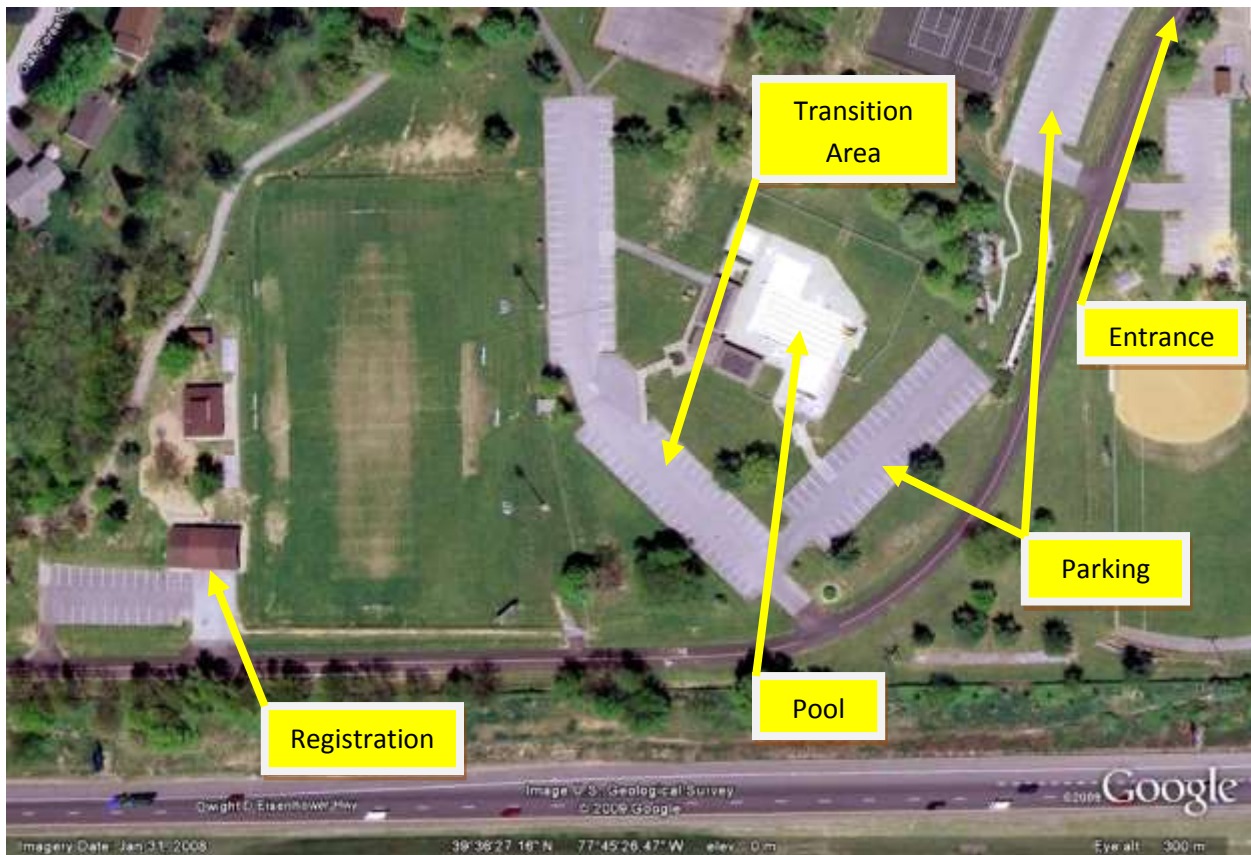


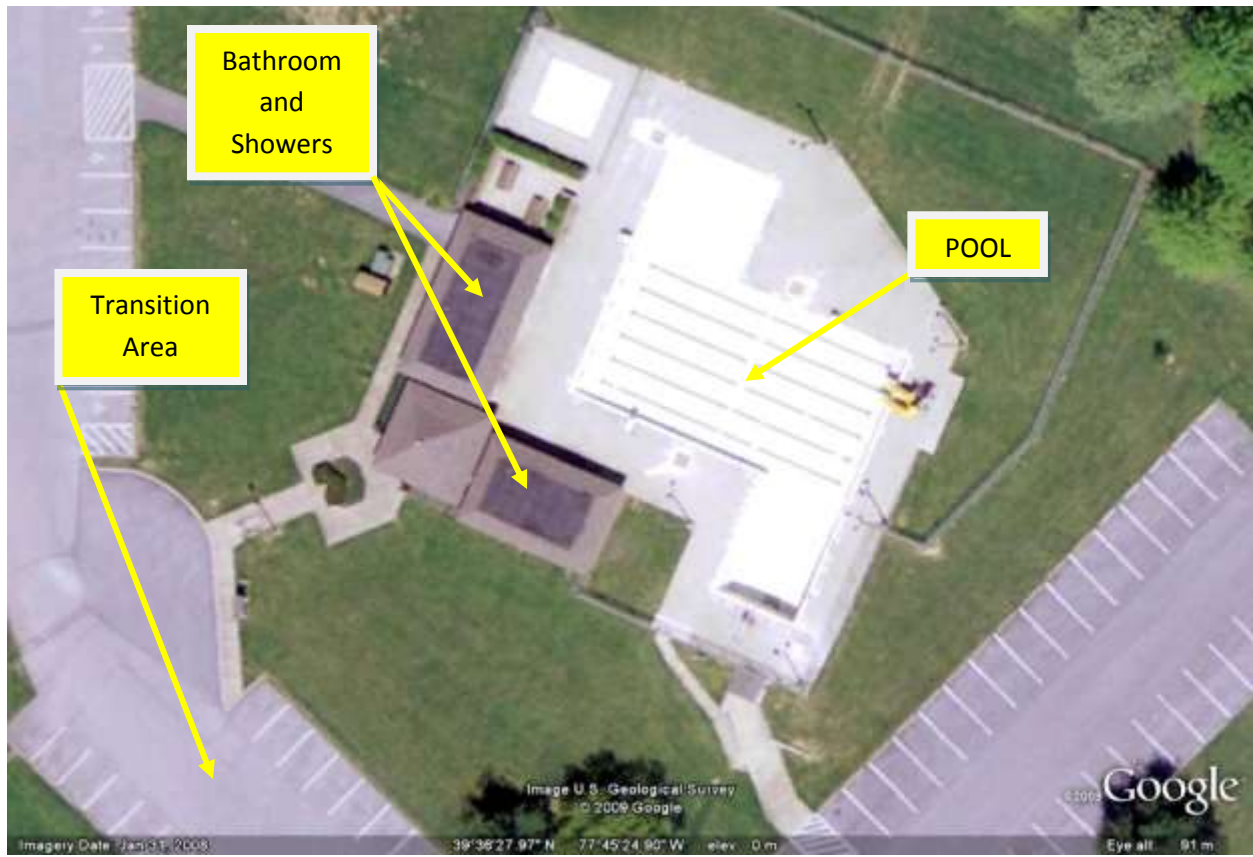


**Hagerstown Sprint Triathlon Race Site**-17901 Halfway Boulevard, Hagerstown, MD 21740



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

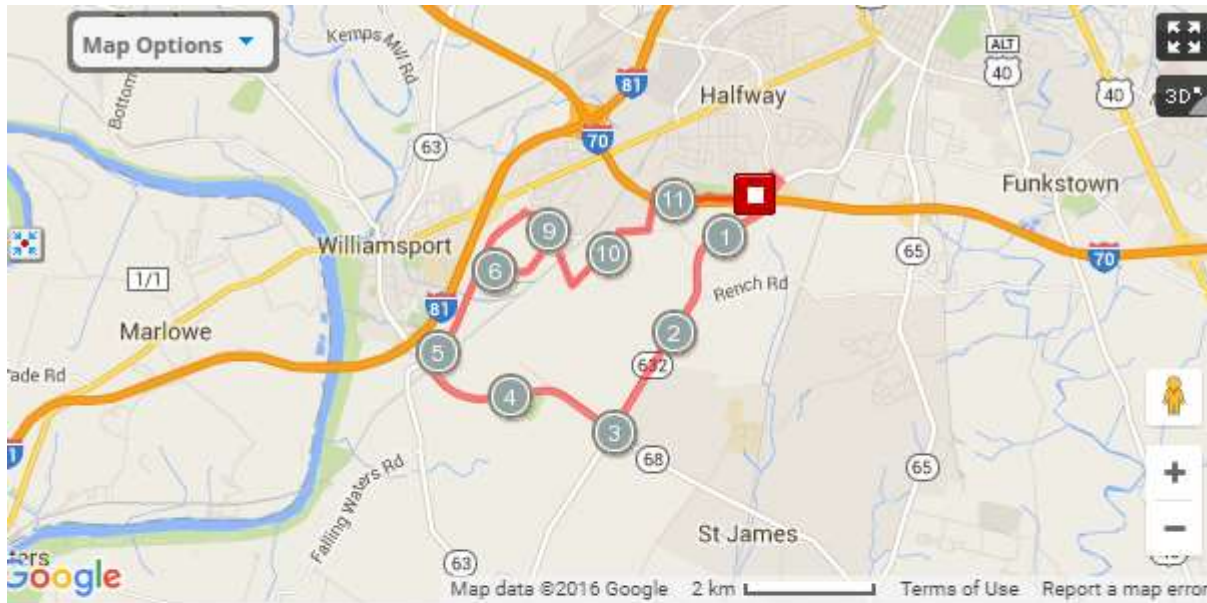
**Hagerstown Sprint Triathlon Swim Course**-Halfway Pool (25 meters)



**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
<b>552 FT</b>	<b>595 FT</b>	<b>256 FT</b>	

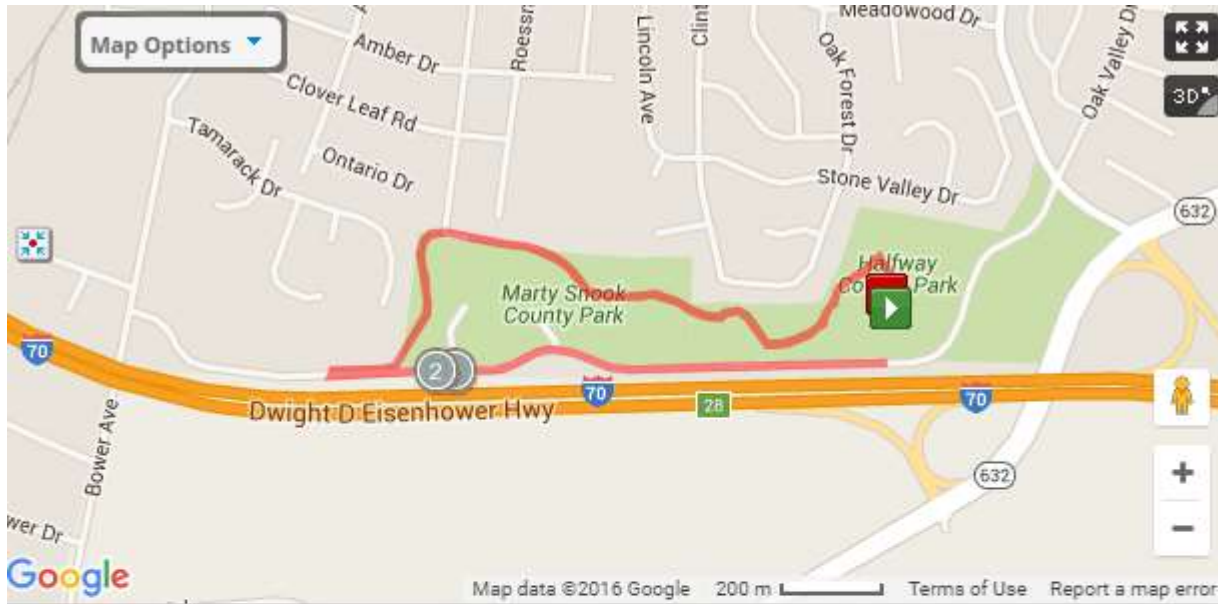
## **Bike Course Turn-By-Turn**

- 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>



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
<b>547 FT</b>	<b>597 FT</b>	<b>87 FT</b>	

## **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.