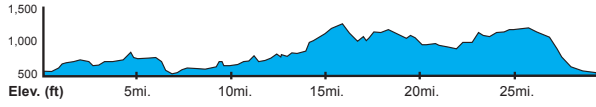


BIKE COURSE

Sprint: <1 Lap (14.5 mi.)
Intermediate: 1 Lap (29 mi.)
Half: 2 Laps (58 mi.)
Full: 4 Laps (116 mi.)



Start from Indian Pines Park on Old Pines Trail
 Turn left onto NY-54A S/W Lake Rd 7.0 mi
 Turn right onto Co Route 29/Guyanoga Rd 7.3 mi
 *(Sprint turns around at this location)
 Turn left onto NY-364 W/State Highway 364 W 13.9 mi
 Turn right onto Co Route 27/Voak Rd 14.2 mi
 Turn right onto Havens Corners Rd 15.8 mi
 Turn left onto Co Route 23/Lovejoy Rd 18.1 mi
 Turn right onto Ferguson Corners Rd 20.6 mi
 Turn right onto New York 14A S 21.8 mi
 Turn right onto Court St 28.1 mi
 Turn left onto Burns Terrace 28.2 mi
 Turn right onto NY-54A/Elm St./W Lake Rd. 28.8 mi
 Continue past Old Pines Trail to repeat course 29.0 mi
 If finishing, turn left onto Old Pines Trail into park.

