

**FINGER LAKES TRIATHLON OLYMPIC BIKE COURSE CUE SHEET**

<b>AT MILE</b>	<b>TURN</b>	<b>ONTO ROAD</b>	<b>NOTE</b>
0	Right turn out of parking lot	onto Lakeshore	
1	Right	5&20	
4.8	Right	CR 17	
8.2	Left	CR 18	
10	Right	245	
15.4	Sharp Right	CR 1	
16	Bear Left	To Stay on CR 1	
18.9	<b>CAUTION - WATCH FOR SPRINT COURSE MERGING ON YOUR RIGHT FROM LAKE to LAKE RD! STAY LEFT OF CONES</b>		
19.5	Right	364	
22.7	Right	Marvin Sands Dr	Entrance to CMAC - follow road up through campus
23.6	Left	Lakeshore	Stay Left
24.5	Left	Back into parking lot to transition	