

FINGER LAKES TRIATHLON 2019 INTERMEDIATE BIKE COURSE CUE SHEET

AT MILE	TURN	ONTO ROAD	NOTE
0	Right turn out of parking lot	onto Lakeshore	
1	Right	5&20	
2.4	Right	247	
8.3	Right	247/Gorham Rd.	Bear right at traffic triangle onto 247
9.5	Sharp Right	CR 1	
13	CAUTION - WATCH FOR SPRINT COURSE MERGING ON YOUR RIGHT FROM LAKE to LAKE RD!		
13.8	Right	364/E. Lake Rd.	
17	Right	Marvin Sands Dr	Entrance to CMAC - follow road through campus
17.8	Left	Lakeshore	Stay Left
19	Left	Back into lot to transition	