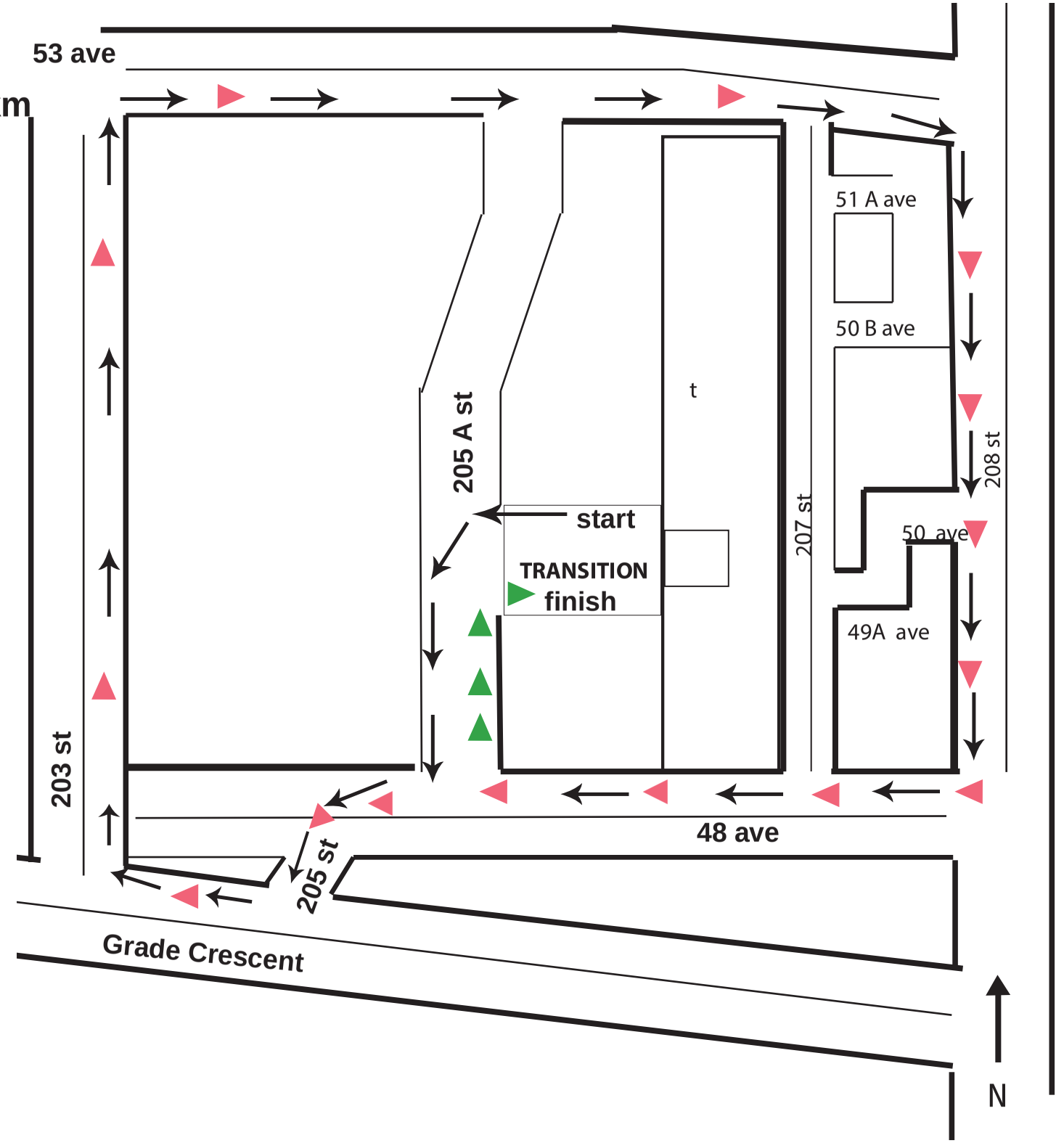
TRI-IT TRIATHLON 2018

ADULT BIKE ROUTE 22.5km

LAP 1:
1. From Transition turn LEFT onto 205A St.
2. Head SOUTH on 205A St.
3. Turn RIGHT onto 48 Ave;
4. Turn LEFT onto 205 Street;
5. Turn RIGHT onto Grade Crescent;
6. Turn RIGHT onto 203 St (head North)
7. Turn RIGHT onto 53 Ave (head East)
8. Turn RIGHT onto 208 St (head South)
9. Turn RIGHT on 50 Ave -follow through to 49A Ave
10. Turn LEFT on 207 St (head South)
11. Turn RIGHT on 48 ave (head West)

LAP 2, 3, 4, 5
4. Turn LEFT onto 205 Street;
5. Turn RIGHT onto Grade Crescent;
6. Turn RIGHT onto 203 St (head North)
7. Turn RIGHT onto 53 Ave (head East)
8. Turn RIGHT onto 208 St (head South)
9. Turn RIGHT on 50 Ave -follow through to 49A Ave
10. Turn LEFT on 207 St (head South)
11. Turn RIGHT on 48 ave (head West)

FINAL LAP
- Follow above loop until 48th Ave.
- Turn RIGHT on 48 ave (head West)
- Turn RIGHT on 205 A St
  BACK to TRANSITION

6 LAPS TOTAL

BEGIN ADULT RUN ROUTE!