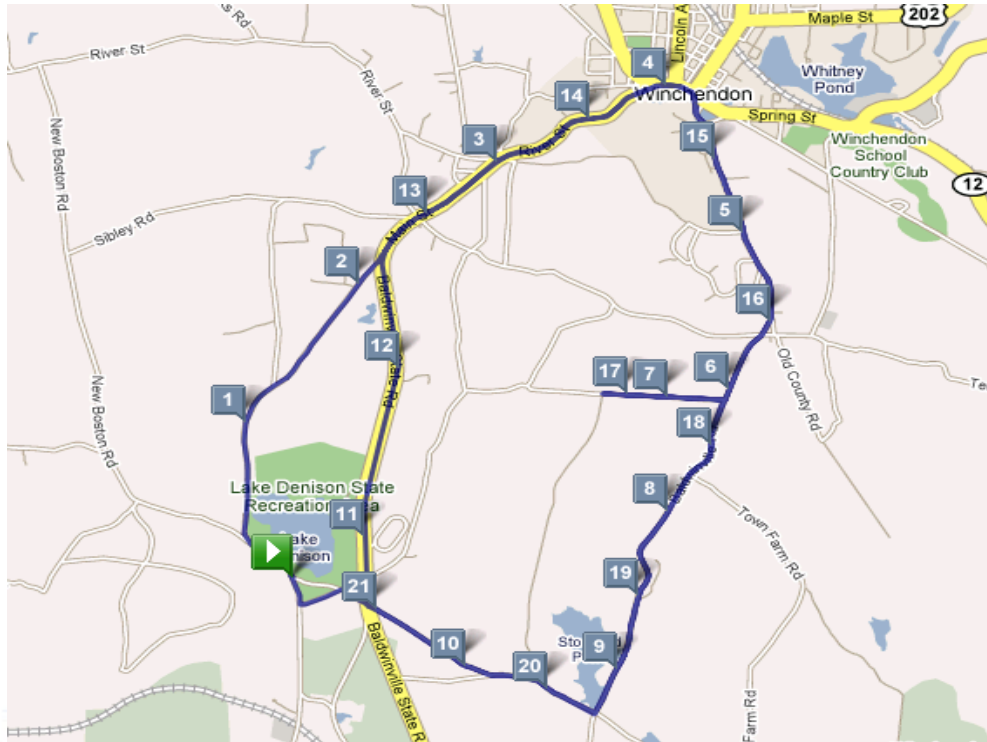




Massachusetts STATE TRIATHLON™

Lake Dennison Recreation Area



Direction	Cue
R	Out of Transition Area
L	Rt. 202 North
Straight	Into Winchendon Center
R	Front Street (becomes High Street)
R	Hitchcock Road
Turnaround Point	@ Joslin Road (~Mile 7.2)
R	Baldwinville Road (High Street)
R	Mill Glenn Road
R	Rt. 202 North (Begin Loop # 2)
Straight	Into Winchendon Center
R	Front Street (becomes High Street)
R	Hitchcock Road
Turnaround Point #2	@ Joslin Road (~Mile 17.2)
R	Baldwinville Road
R	Mill Glenn Road
Straight	Across Rt. 202 (Re-Enter Lake Dennison)
L	At Park Road (Parking Lot)
R	Park Road
R	Into Transition Area

Intermediate Bike Course

The bike course has two loops with one turnaround point (Hitchcock Rd @ Joslin Rd) *Mile Markers 7.2 & 17.2*. When completing training rides please be mindful of traffic on Rt. 202. On Race Day, police details will be located at points along 202.

Please see interactive map for mile markers and topography:

<http://www.mapmyrun.com/run/united-states/ma/winchendon/534209437>