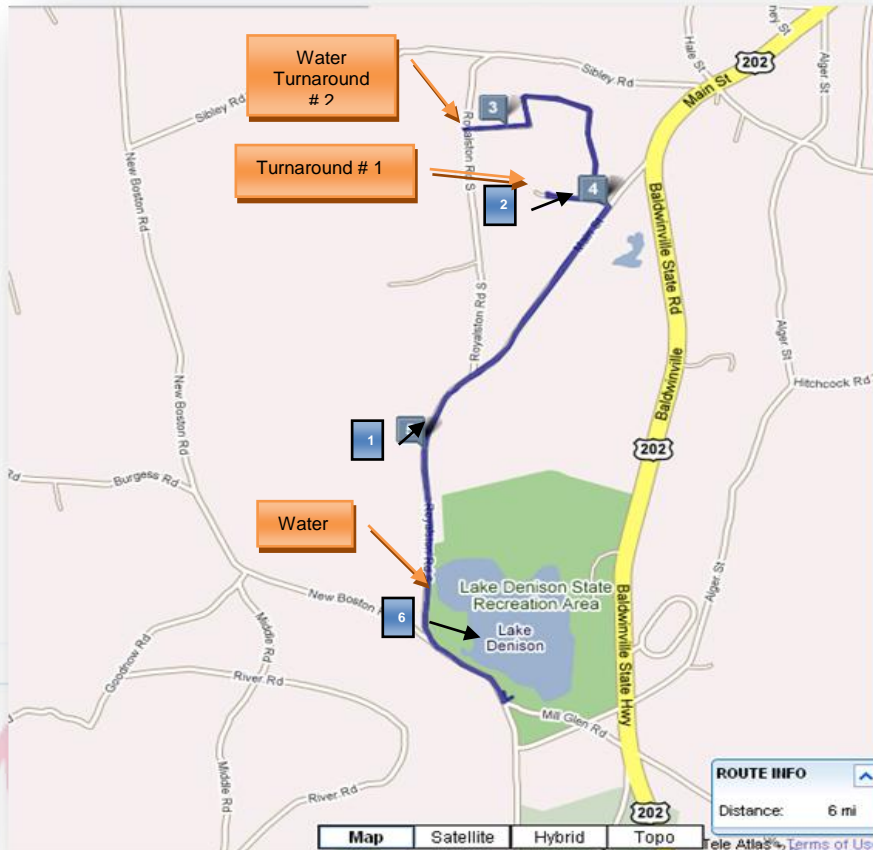




Massachusetts
STATE TRIATHLON™
Lake Denison Recreation Area



| Direction | Cue |
|-------------------|---|
| R | Out of Transition Area onto Park Road |
| L | Chase Lane |
| Turnaround | End of Chase lane (Cul-de-sac Mile 2.2) |
| L | Krantz Road |
| L | Metcalf Street |
| Continue | Metcalf Street |
| R | Phylis Road |
| Turnaround | End of Phylis Road (Mile 3.1) |
| L | Metcalf Street |
| Continue | Metcalf Street |
| R | Krantz Road |
| L | Chase Lane |
| R | Main Street (becomes Park Road) |
| L | Into Finish Area |

Intermediate Run Course

The run course is out and back course. There are two turnaround points, Mile 2.2 and Mile 3.1. The course is spread over residential neighborhoods with minimal traffic and includes one short climb up Chase Lane at Mile 2.

Please see interactive map for mile markers and topography:

<http://www.mapmyrun.com/run/united-states/ma/winchendon/534437708>