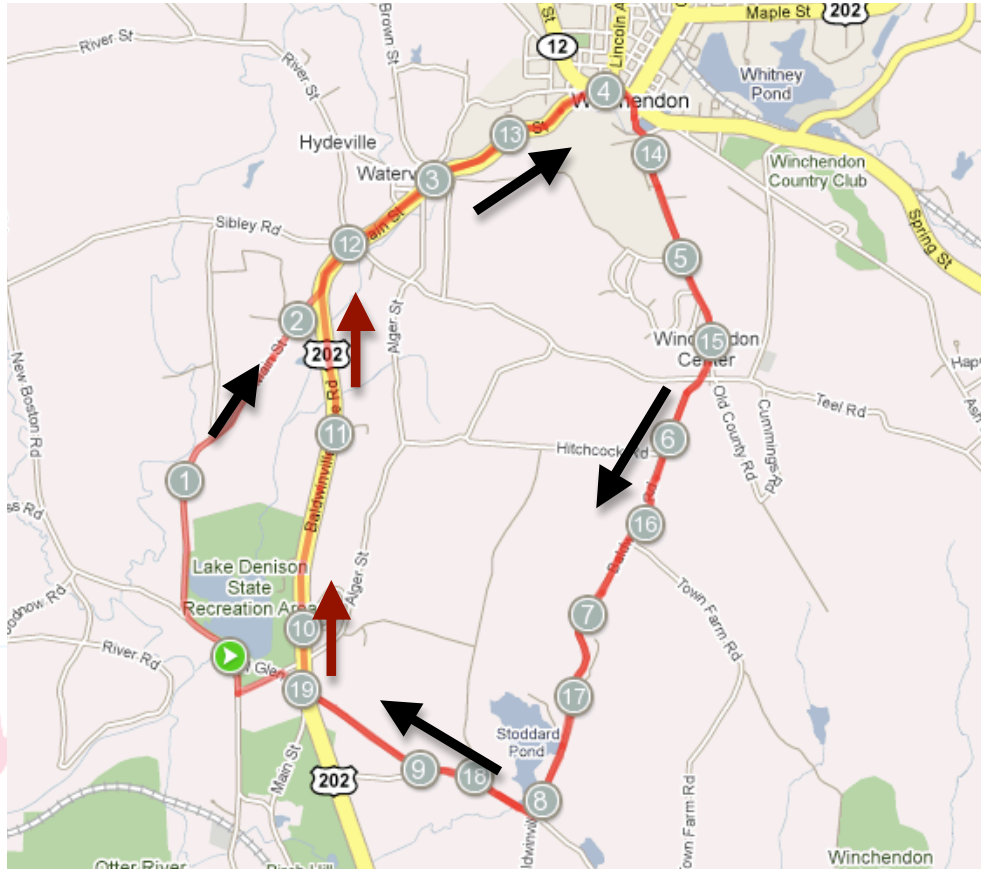






# Massachusetts STATE TRIATHLON™

## Lake Dennison Recreation Area



Direction	Cue
R	Out of Transition Area 
L	Rt. 202 North
<b>Straight</b>	Into Winchendon Center
R	Front Street (becomes High Street)
R	Mill Glenn Road
R	Rt. 202 North (Begin Loop # 2) 
<b>Straight</b>	Into Winchendon Center
R	Front Street (becomes High Street)
R	Mill Glenn Road
<b>Straight</b>	Across Rt. 202 ( <b>Re-Enter Lake Dennison</b> )
L	At Park Road (Parking Lot)
R	Park Road
R	Into Transition Area

### Intermediate Bike Course

The bike course is 20 Miles and has two loops. You will NOT re-enter the Park to start the 2<sup>nd</sup> loop. Begin the 2<sup>nd</sup> loop at Mile 9.8 (Rt. 202 North). 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/ride/united-states/ma/winchendon/597124699284129068>