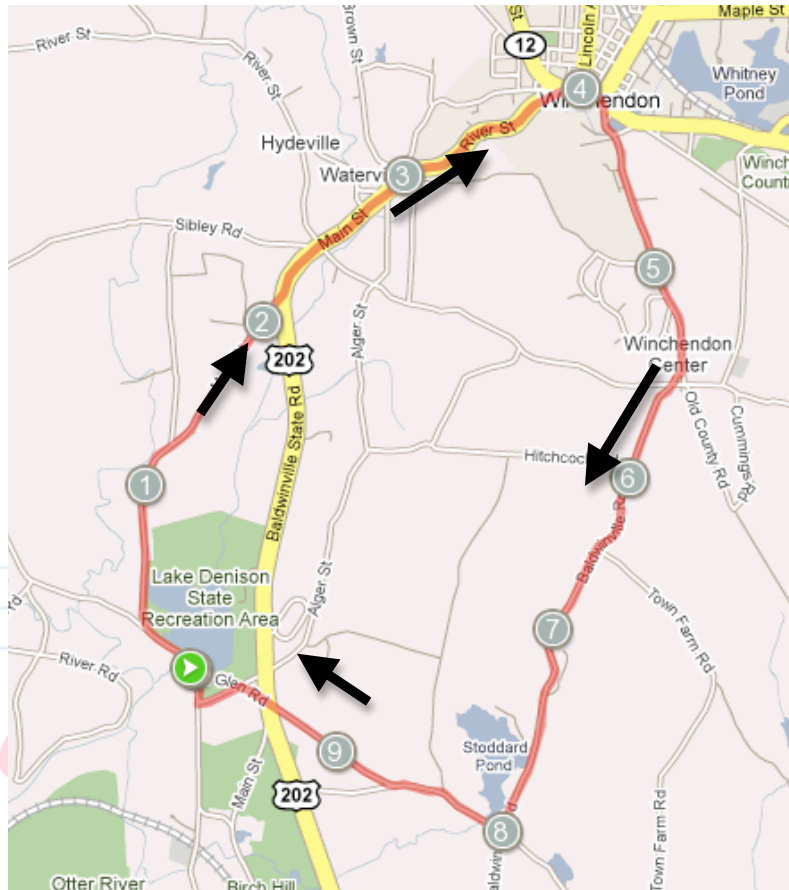





Massachusetts STATE TRIATHLON™

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	Mill Glenn Road
Straight	Across Rt. 202 (Re-Enter Lake Dennison)
L	At Park Road (Parking Lot)
R	Park Road
R	Into Transition Area

Sprint Bike Course

The bike course is 10 Miles and has one climb beginning at Mile 4.3. You will re-enter the Park at Mile 9.8 (Rt. 202). When completing training rides please be mindful of traffic on Rt. 202. On Race Day, police details will be located at various points.

Please see interactive map for mile markers and topography:

<http://www.mapmyrun.com/run/united-states/ma/winchendon/125633352267>