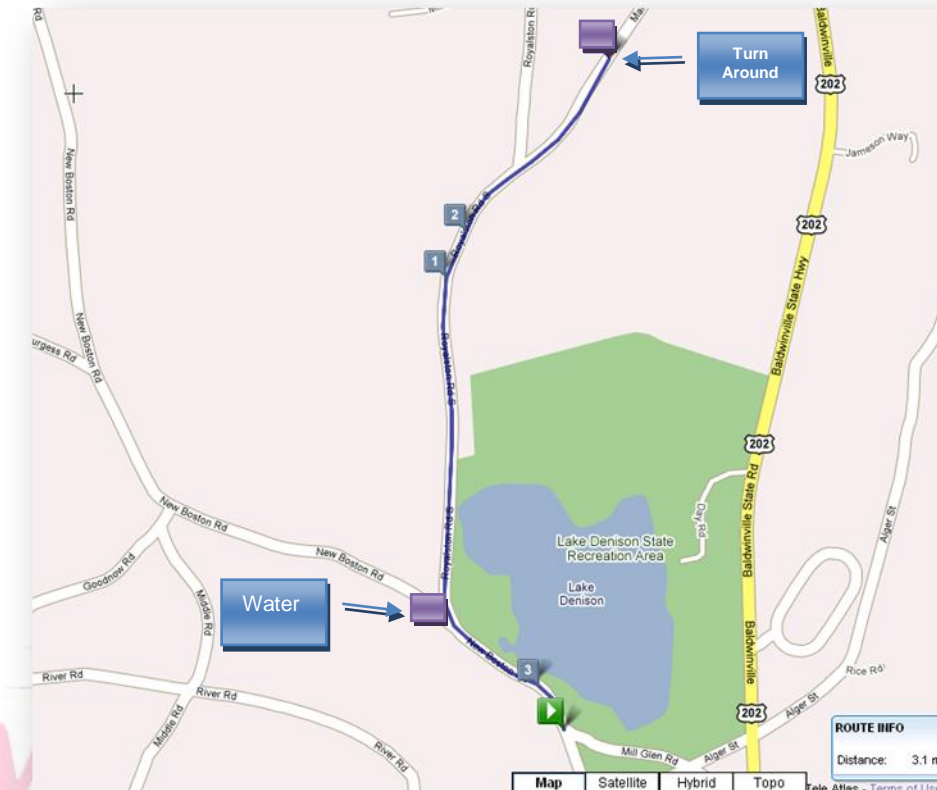




Massachusetts
STATE TRIATHLON™
Lake Dennison Recreation Area



Direction	Cue
R	Out of Transition Area onto Park Road
Turnaround	Park Road @ Mile 1.55 (Water Station)
L	Into Finish Area

Sprint Run Course

The sprint course is out and back with one turnaround point @ Mile 1.55 (water station). The course is spread along park and residential roads and is relatively flat. Please follow USAT guidelines, running against motorist traffic.

Please see interactive map for mile markers and topography:

<http://www.mapmyrun.com/run/united-states/ma/winchendon/534368474>