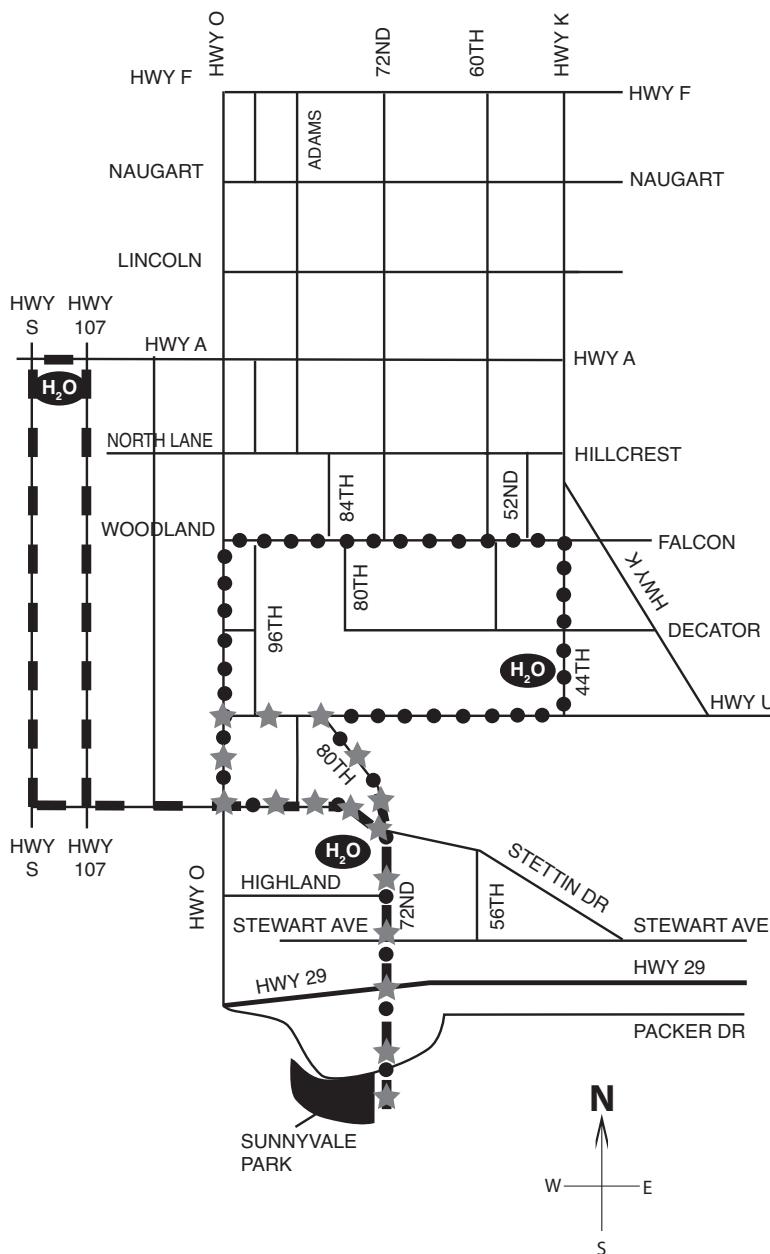






# WOODSON YMCA 2019 TRIATHLON

## BIKE COURSE



-  WATER STATION
-  LONG COURSE (30 miles)
-  SHORT COURSE (17 miles)
-  MINI TRI COURSE (9 miles)

### LONG COURSE

Exit transition area  
 to 72nd Ave (Park Entrance/Exit)  
 North on 72nd Ave to Stettin Dr  
 West on Stettin Dr to Hwy S  
 North on Hwy S to Hwy A  
 East on Hwy A to Hwy 107  
 South on Hwy 107 to Stettin Dr  
 East on Stettin Dr to 72nd Ave  
 South on 72nd Ave to Sunnyvale Park  
 Enter transition area

### SHORT COURSE

Exit transition area  
 to 72nd Ave (Park Entrance/Exit)  
 North on 72nd Ave to Stettin Dr  
 West on Stettin Dr. to Hwy O  
 North on Hwy O to Woodland  
 East on Woodland to 44th Ave  
 South on 44th Ave to Hwy U  
 West on Hwy U to 80th Ave  
 (Merge w/ mini tri course)  
 (80th Ave turns into 72nd Ave)  
 South on 72nd Ave to Sunnyvale Park  
 Enter transition area

### MINI TRI COURSE

Exit transition area  
 to 72nd Ave (Park Entrance/Exit)  
 North on 72nd Ave to Stettin Dr  
 West on Stettin Dr to Hwy O  
 North on Hwy O to Hwy U  
 East on Hwy U to 80th Ave  
 (Merge w/ long & short course)  
 (80th Ave turns into 72nd Ave)  
 South on 72nd Ave to Sunnyvale Park  
 Enter transition area

**ROUTE IS SUBJECT TO CHANGE DUE TO CONSTRUCTION WITHOUT NOTICE.**

***Volunteers on the bike course are to assist participants with staying on the designated course. They are not allowed to stop traffic. Participants need to follow all traffic laws while on the course.***