



Bike Course Cue Sheet

Note: The Patriot Triathlon bike course is 2-loops of a 29-mile course. There will be a total of 4 aid stations (2 on each loop) and each aid station will offer water and Heed thanks to our energy drink sponsor Hammer Nutrition

The 2009 Patriot Triathlon Bike Course is sponsored by:



AT	FOR	NOTES
0.08 mi.	486ft	Turn right toward Middleboro Rd/ RT-18
0.17 mi.	4090ft	Slight right at Middleboro Rd/ RT-18
0.94 mi.	387ft	Turn right at Mason Rd
1.68 mi.	3409ft	Continue on Chace Rd
2.32 mi.	2495ft	Turn right at Gurney Rd
2.8 mi.	3mi, 2417ft	Turn left at E Howland Rd
6.23 mi.	5236ft	Turn right at Mill St
7.23 mi.	249ft	Slight right to stay on Mill St
7.27 mi.	1mi, 795ft	Slight right at Malbone St
8.42 mi.	3mi, 1642ft	Turn right at Pierce Ave
11.73 mi.	1mi, 3080ft	Turn left onto S.Kingman St, cross over County rd.
13.32 mi.	3mi, 21ft	Turn right at Myricks Street/Rt-79, cross over Rt-18
16.34 mi.	1mi, 635ft	Turn right at Clear Pond Rd. cross over Rt. 105 (Water bottle exchange #1, #3)
17.46 mi.	2mi, 1312ft	Straight onto W Vaughan St
19.71 mi.	1mi, 363ft	Right onto Walnut St
20.78 mi.	2mi, 2118ft	Turn right at Marion Rd
23.18 mi.	2mi, 190ft	Turn right at Long Point Rd
25.22 mi.	2mi, 648ft	Turn left at Bedford St/ RT-105
27.34 mi.	2480ft	Turn right at North Ave
27.81 mi.	2201ft	Continue straight onto Morton Rd
28.23 mi.	999ft	Water bottle exchange #2, #4
28.41 mi.	2046ft	Continue on Middleboro Rd
28.8 mi.	443ft	AFTER SECOND LOOP: Right at second camp entrance to Transition