



## **Lititz recCenter 5<sup>th</sup> Annual Triathlon August 4, 2019**

### **Bike 15.8 Miles (Cue Sheet)**

- **Leave the transition west on Maple Street.**
- **Turn right onto Limerock Road.**
- **Turn left onto Lexington Road.**
- **Turn right onto 772.**
- **Turn right onto S. Penryn Rd. Continue onto N. Penryn Rd.**
- **Turn right onto Newport road.**
- **Turn left onto Bomberger Rd.**
- **Turn right onto West Lexington**
- **Turn left onto Limerock Rd.**
- **Turn left onto Maple St continue to finish near Lititz Spring Pool.**

### **The Run Portion 3.1 Miles (Cue Sheet)**

- **Start at pool/transition**
- **Maple Street**
- **Right on South Spruce Street**
- **Right on West Marion Street**
- **Right on Maple Lane**
- **Left on Lemon Street**
- **Left on 2<sup>nd</sup> Avenue**
- **Right on West Marion Street**
- **Left on West 6<sup>th</sup> Street**
- **Left on Golden Street**
- **Left on General Sutter**
- **Right on West Marion Street**
- **Left on 2<sup>nd</sup> Avenue**
- **Right West Lemon Street**
- **Left on South Spruce Street**
- **Left on Maple Street**
- **Finish in LrC parking lot**

**For more info contact Fitness Director Simon Ababou  
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