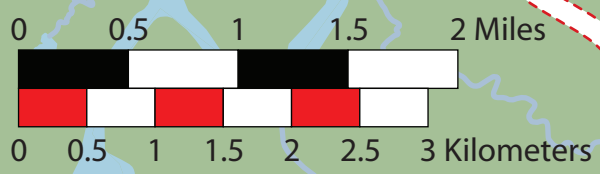
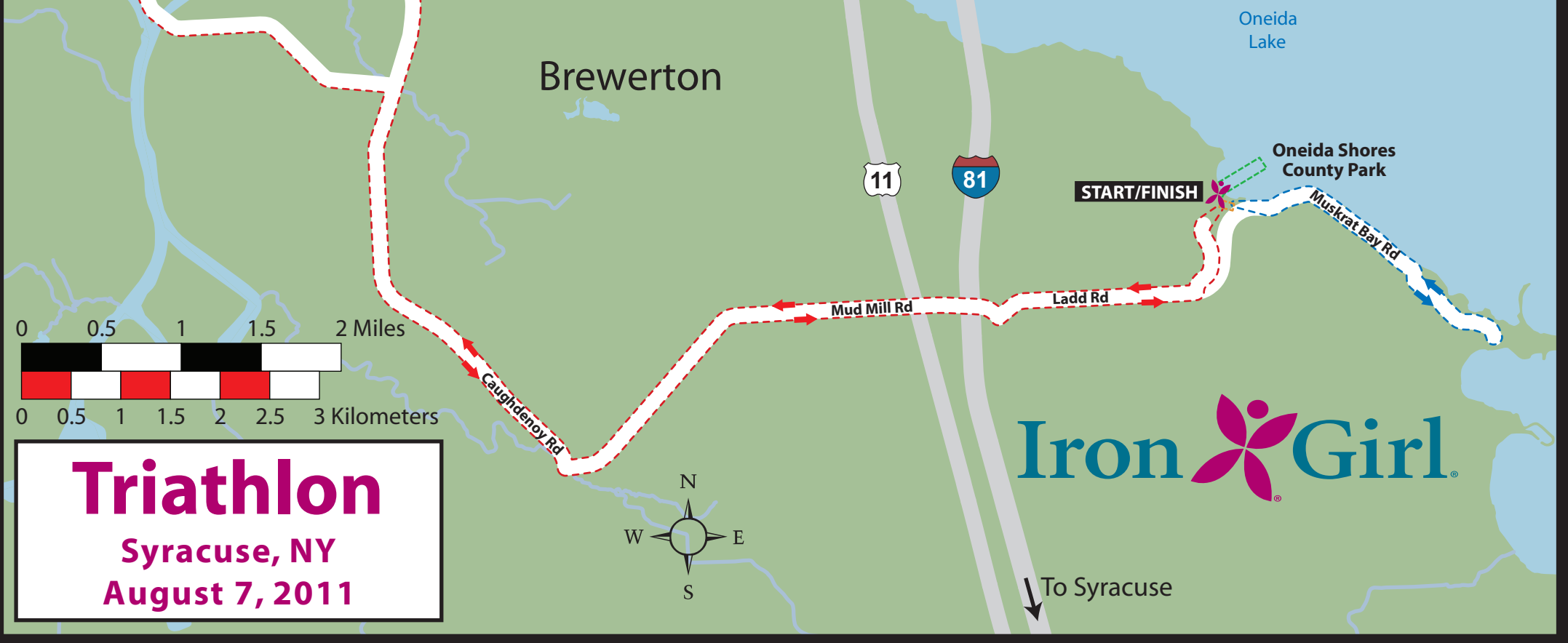
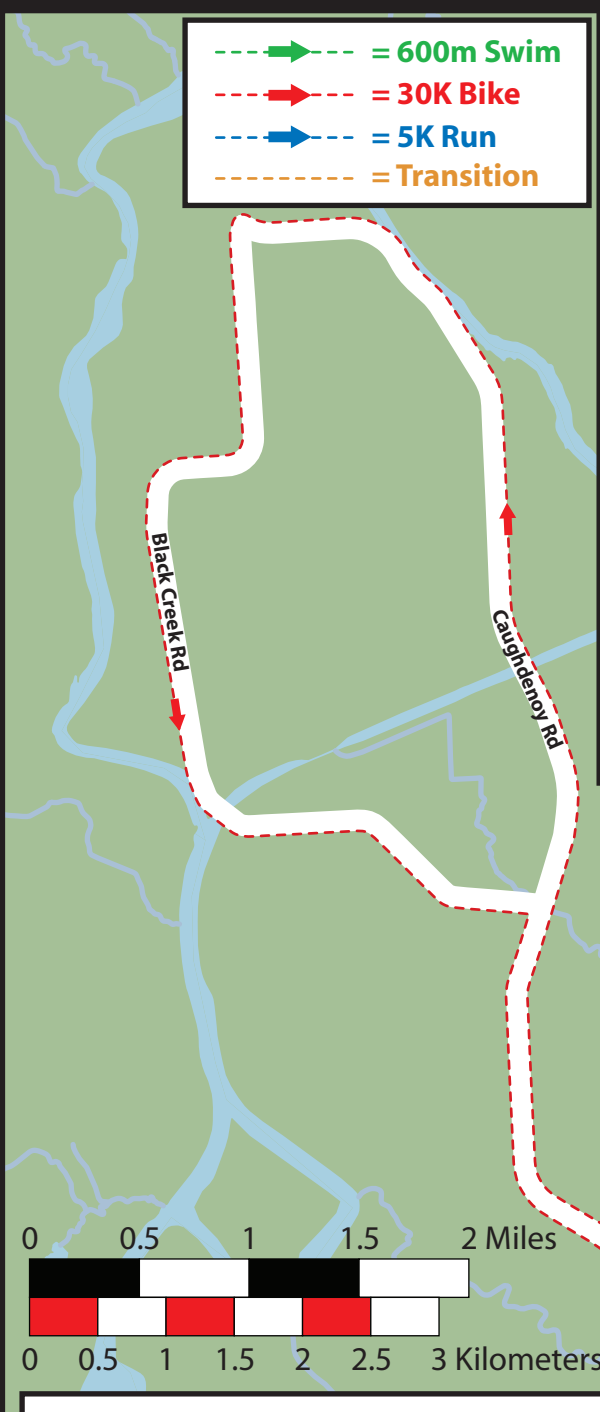


-  = 600m Swim
-  = 30K Bike
-  = 5K Run
-  = Transition

Iron Girl Syracuse Triathlon
- Course Directions
600 Meter Swim,
30K Bike, 5K Run

- 30K Bike**
1. From transition, head south on Oneida Shores Bike Path
 2. Turn right on Ladd Road
 3. Turn right on Mudd Mill Road
 4. Turn right on Caughdenoy Road
 5. Turn left on Black Creek Road
 6. Turn right on Caughdenoy Road
 7. Turn left on Mudd Mill Road
 8. Turn left on Ladd Road
 9. Turn left on Oneida Shores Bike Path and return to transition area
- 5K Run Course**
1. From transition, turn left on Muskrat Bay Road and keep to the right for 1.5 miles to the turnaround
 2. On the turnaround, stay right and turn right at parking lot and continue to finish line.



Triathlon
 Syracuse, NY
 August 7, 2011



To Syracuse