



## Fort Ritchie Duathlon

Fort Ritchie Race Site-14421 Lake Royer Dr, Cascade, MD 21719

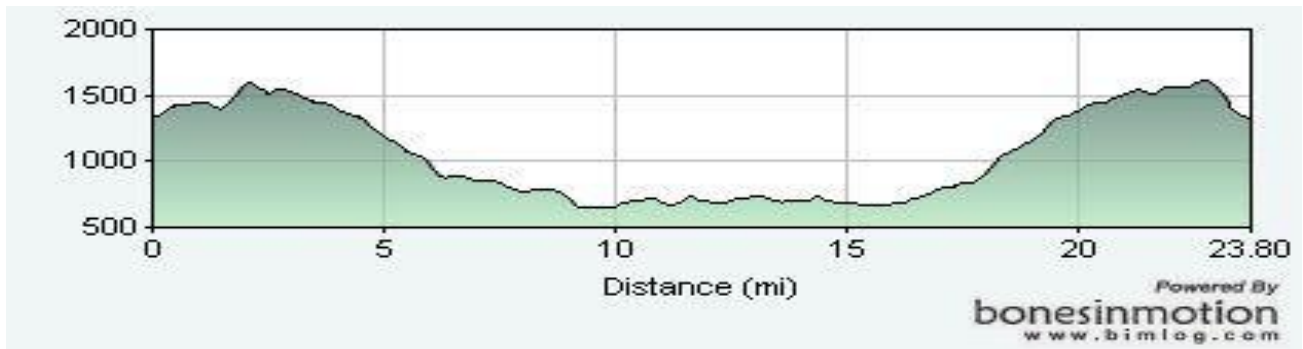


See next two pages for Bike and Run courses.

**Fort Ritchie Bike Course**-total approximately 24 miles, 1300 ft of climbing

Olympic course is approximately 24 miles, 1500 feet of climbing, —————>

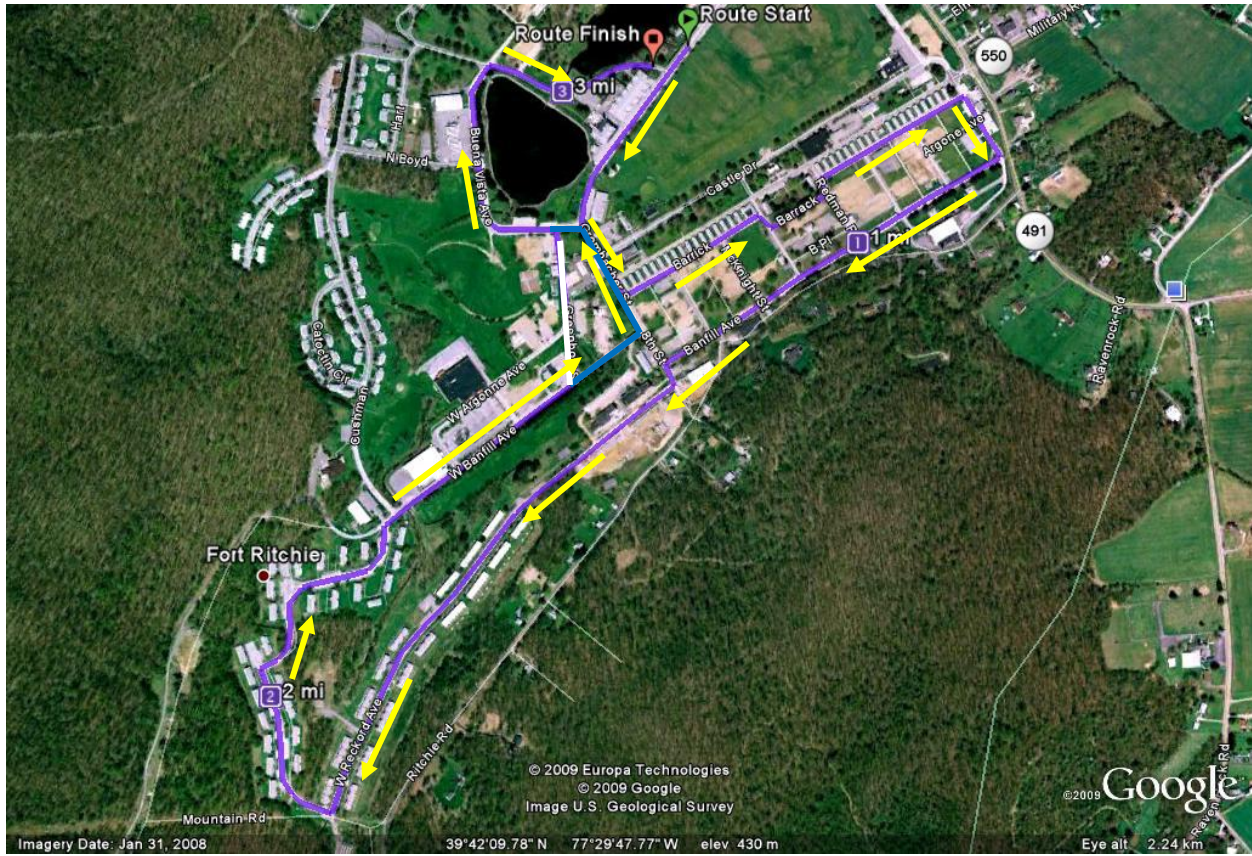
Sprint course is approximately 15 miles, 1100 feet of climbing —————>



**Turn-By-Turn**

R-Out of Fort Ritchie, R-onto Fort Ritchie Rd, L-onto Wise Rd, R-onto Raven Rock Rd (Rt 491), R-onto Fruit Tree Lane, Hard R-Greensburg Rd, R-Welty Church Rd, bear Left-Frazier Rd, bear left-Watery Ln, L-Misty Meadow Rd., R-Welty Church Rd, L-Greensburg Rd, Hard Left-Fruit Tree Ln, R-Raven Rock Rd (Rt 491), U-turn on Raven Rock Rd (Rt. 491), L-MacAfee Hill Rd., L-into Fort Ritchie.

**Fort Ritchie 5K Run Course**-Two loops for the 10K Run (entire run within Fort Ritchie property.....little to no vehicular traffic. Elevation is approx. 150 ft per loop.



**Turn-by-Turn**

Start on Lake Shore Drive next to the old Officers Club, L-onto Grombacher St, L-onto Barrick Ave, R-onto Boyd St, L- onto Barrick Ave, L- onto Redman Rd, R-onto Barrick Ave, R-onto E Ave, R-onto Banfill Ave, L- onto Grombacher St, R-onto W Reckord Ave, R-onto Mountain Rd, R-W Banfill Ave, L-Greenbow St, L- Buena Vista Ave, R-Redman Rd