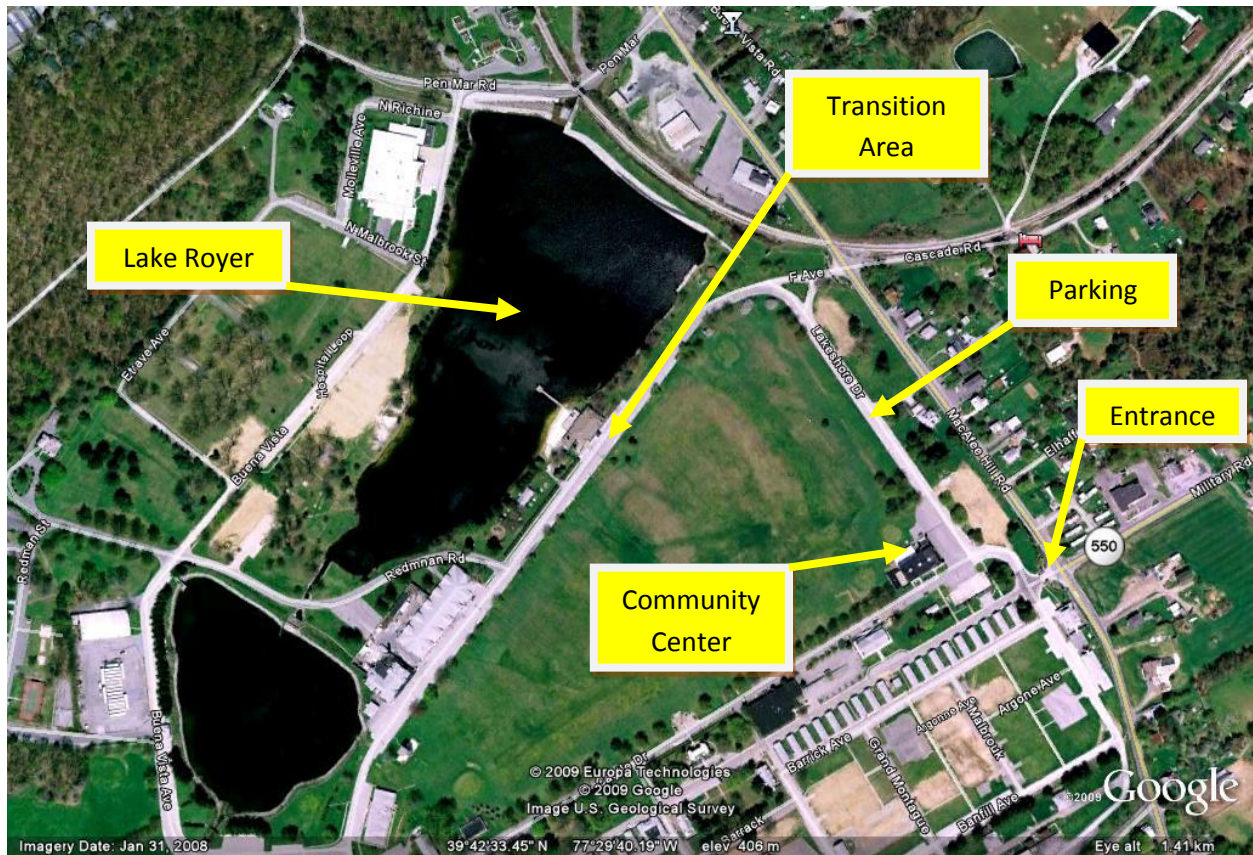




Fort Ritchie Triathlon

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



Fort Ritchie Swim Course- Lake Royer, each lap is 750 meters

Sprint is 1 lap, Olympic is 2 laps



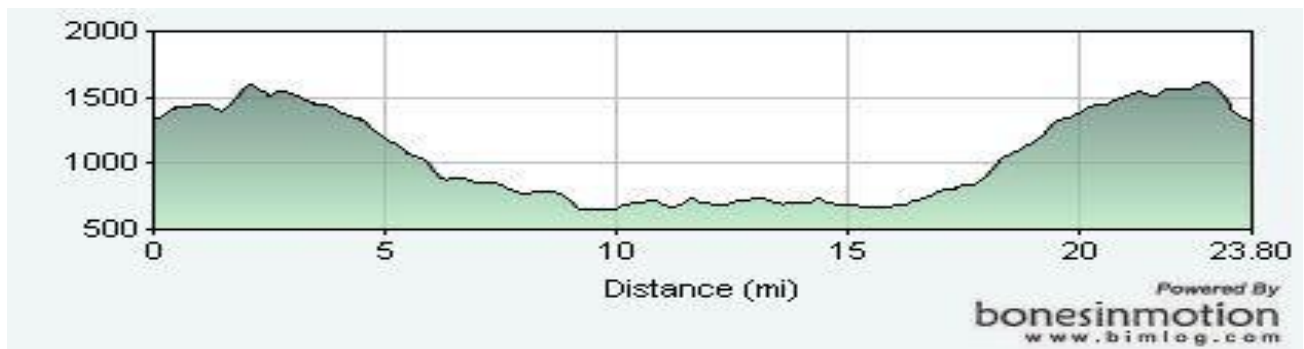
Swim Detail: Swim will be an in water start next to the pier. All turns will be left keeping the buoy on your left. Sprint is one lap.

The Olympic course is 2 laps. After the first lap you will exit the water and run across the beach (waive to your fans) and run down the pier and jump (no diving) back into the lake for a second lap of the same course.

Fort Ritchie Bike Course-

Olympic course is approximately 24 miles, 1500 feet of climbing, →

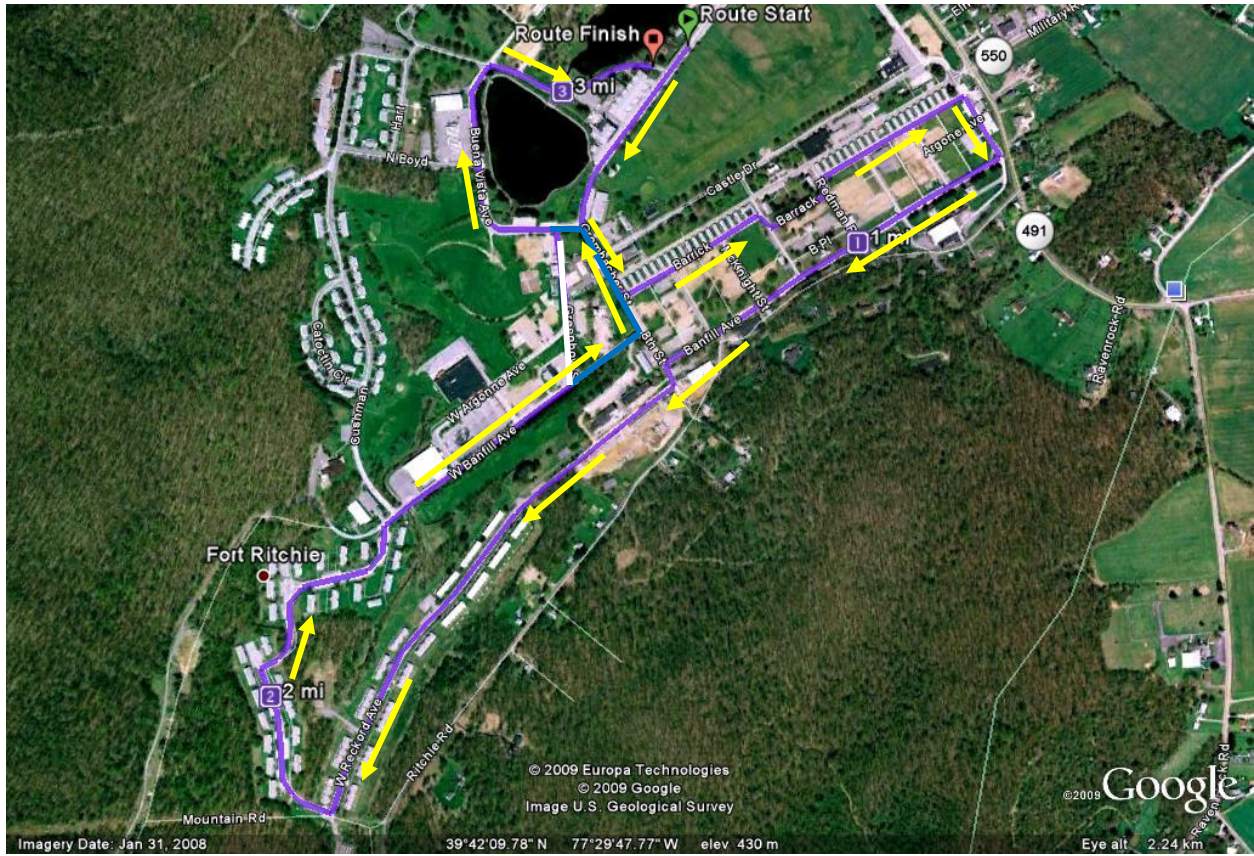
Sprint course is approximately 15 miles, 1100 feet of climbing →



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