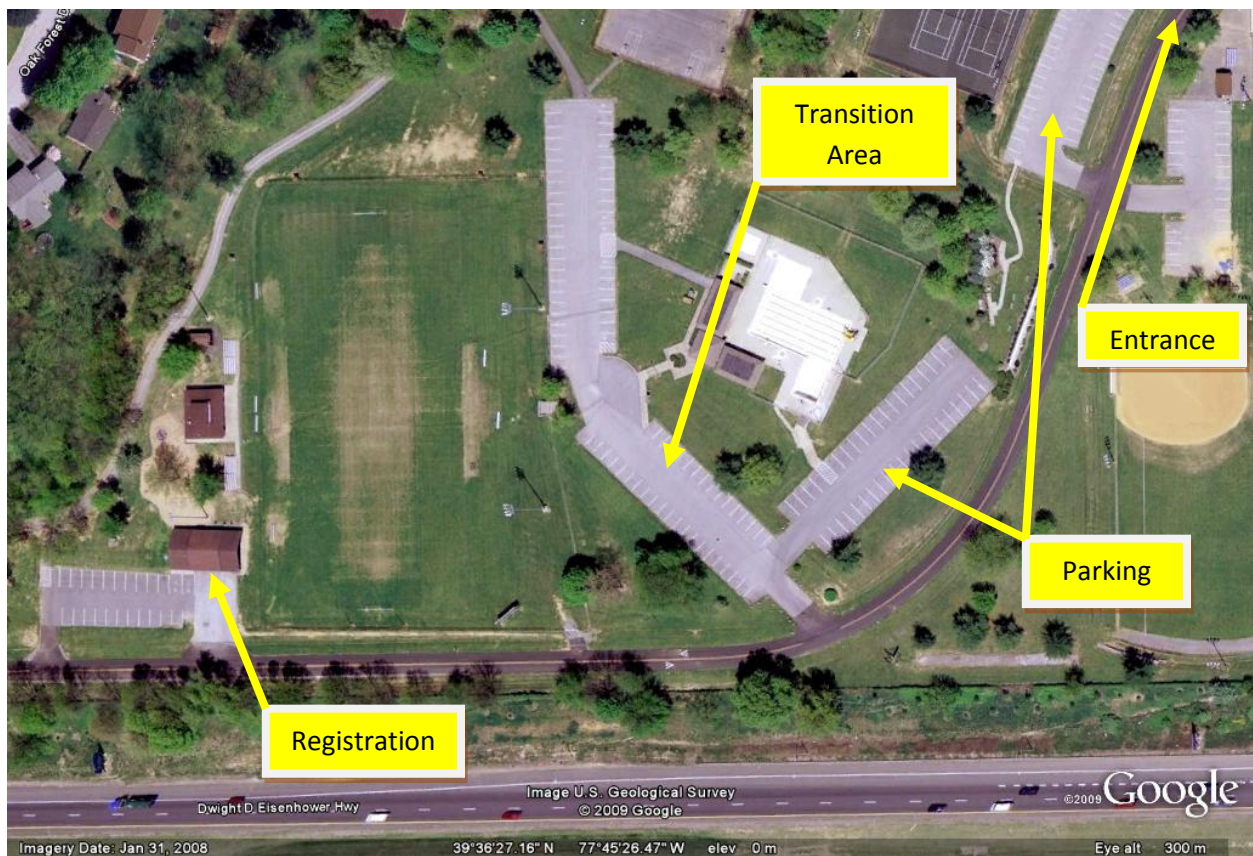


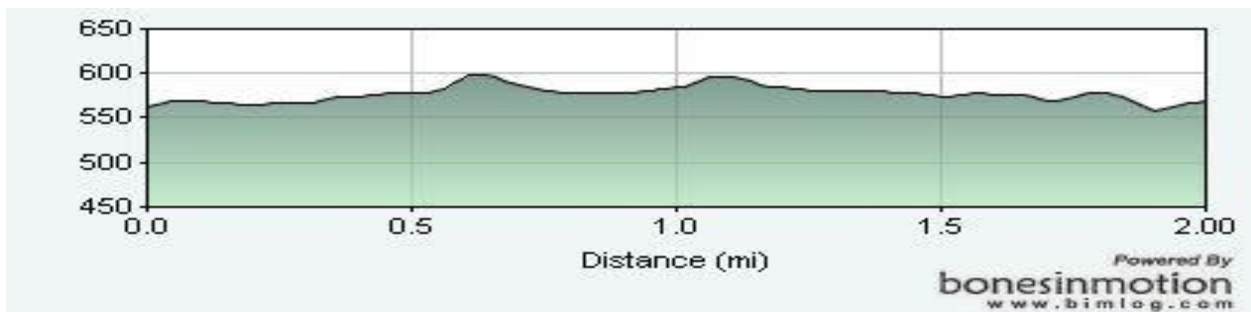
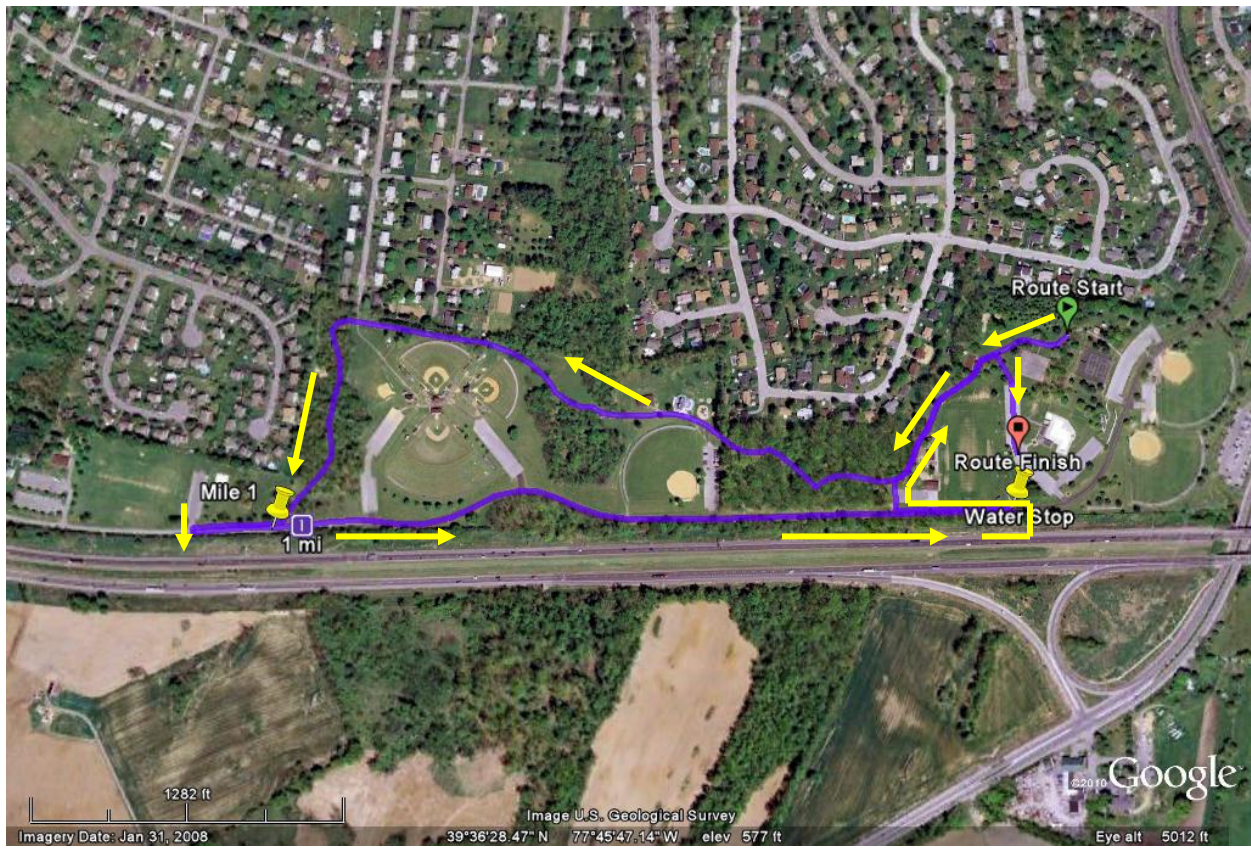


Hagerstown Duathlon Race Site-Hagerstown, MD 21740



See the next three pages for details on the Run, Bike and Run courses.

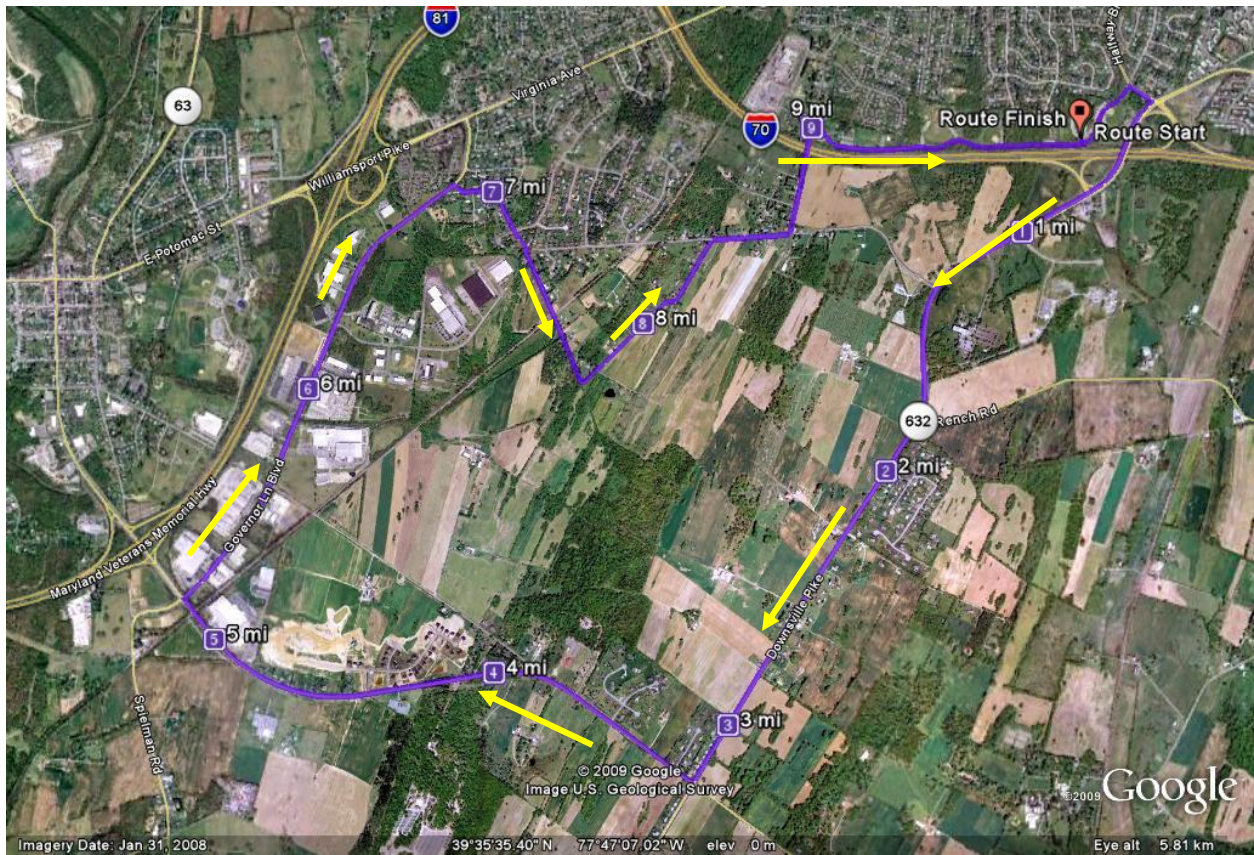
Hagerstown Duathlon Run Course #1-1.9 miles



Turn-by-Turn

Start in park road near the transition area. Head towards the back of the park and u-turn at the entrance to the last parking lot on the left, proceed back and pick up the path on the left. Proceed along the path until you reach turn to the transition parking lot. Turn right and proceed to the transition area.

Hagerstown Duathlon Bike Course-total approximately 10 miles, 370 ft of climbing



Turn-By-Turn

L-Out of parking lot onto park road, R-onto Halfway Blvd, R-onto Downsville Pike (Rt 632), R-Lappans Rd (Rt 68), R-Governor Ln, R-Edward Daub Rd, R-Edward Daub Rd (again), R-Sterling Rd, L-Bower Ave, R-into Park and proceed back to race site.

Hagerstown Duathlon 5K Run Course- elevation approx. 150 ft



Turn-by-Turn

Start in parking lot heading towards the path, L-at the "T" in the path, follow the path until it hits the parking lot near the volley ball court, U-Turn onto the park road and proceed down the park road until you reach the football field by the pool, U-Turn and follow the same course back to the finish.