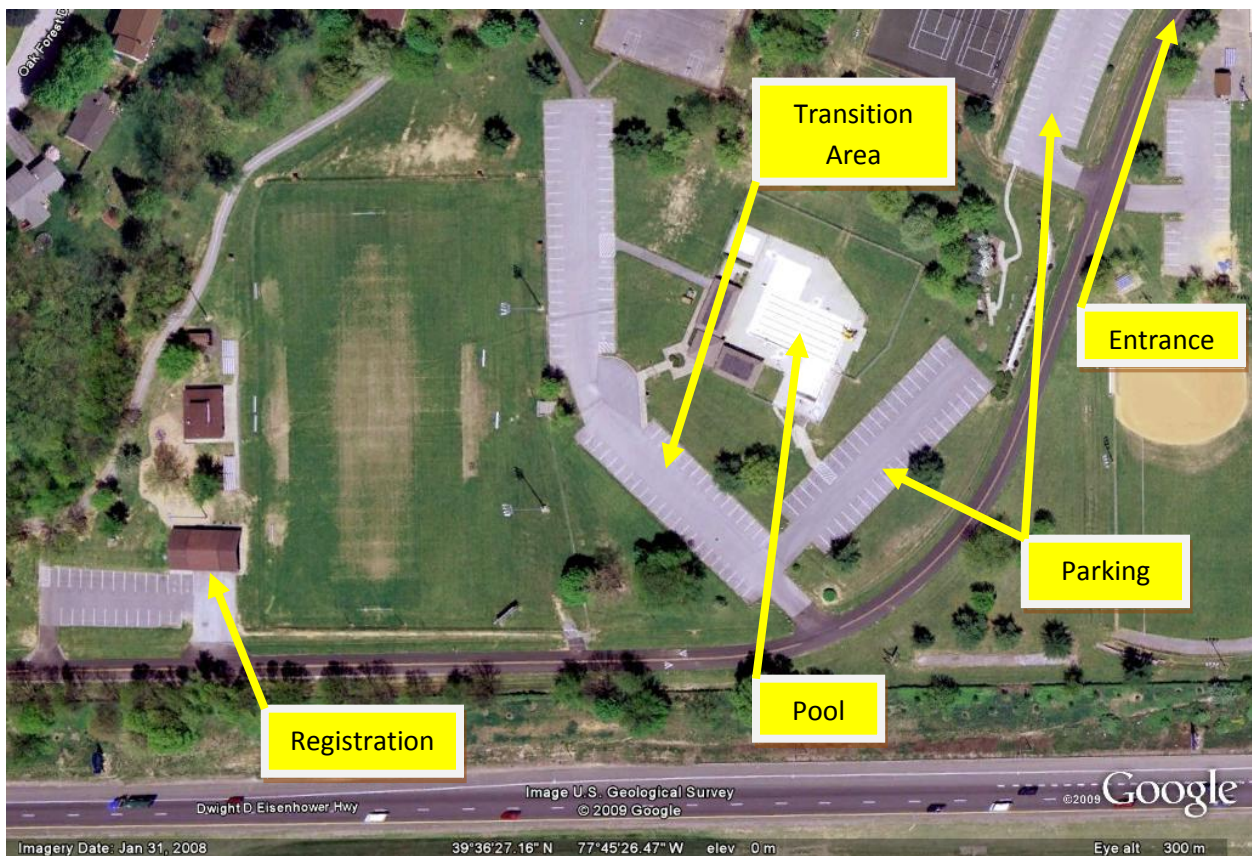


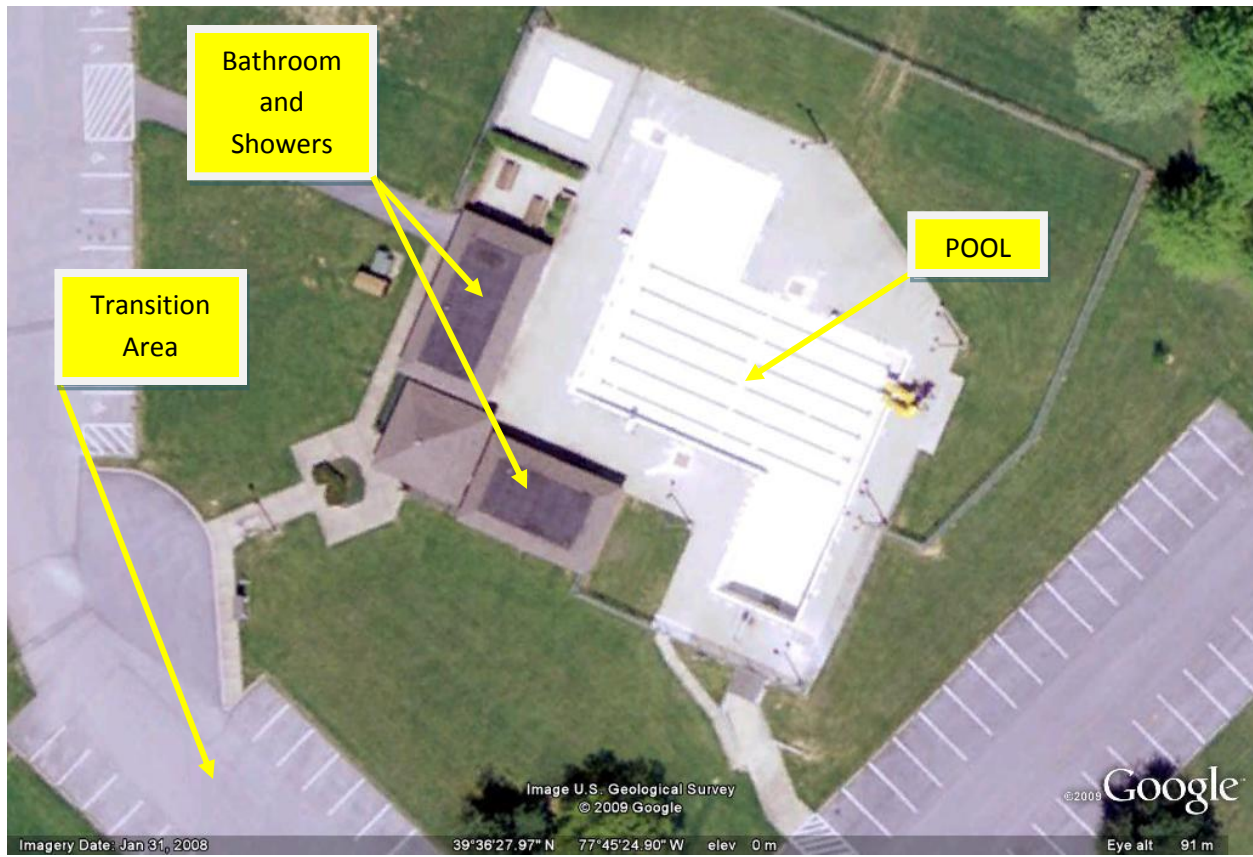


Hagerstown Sprint Triathlon Race Site-Hagerstown, MD 1740



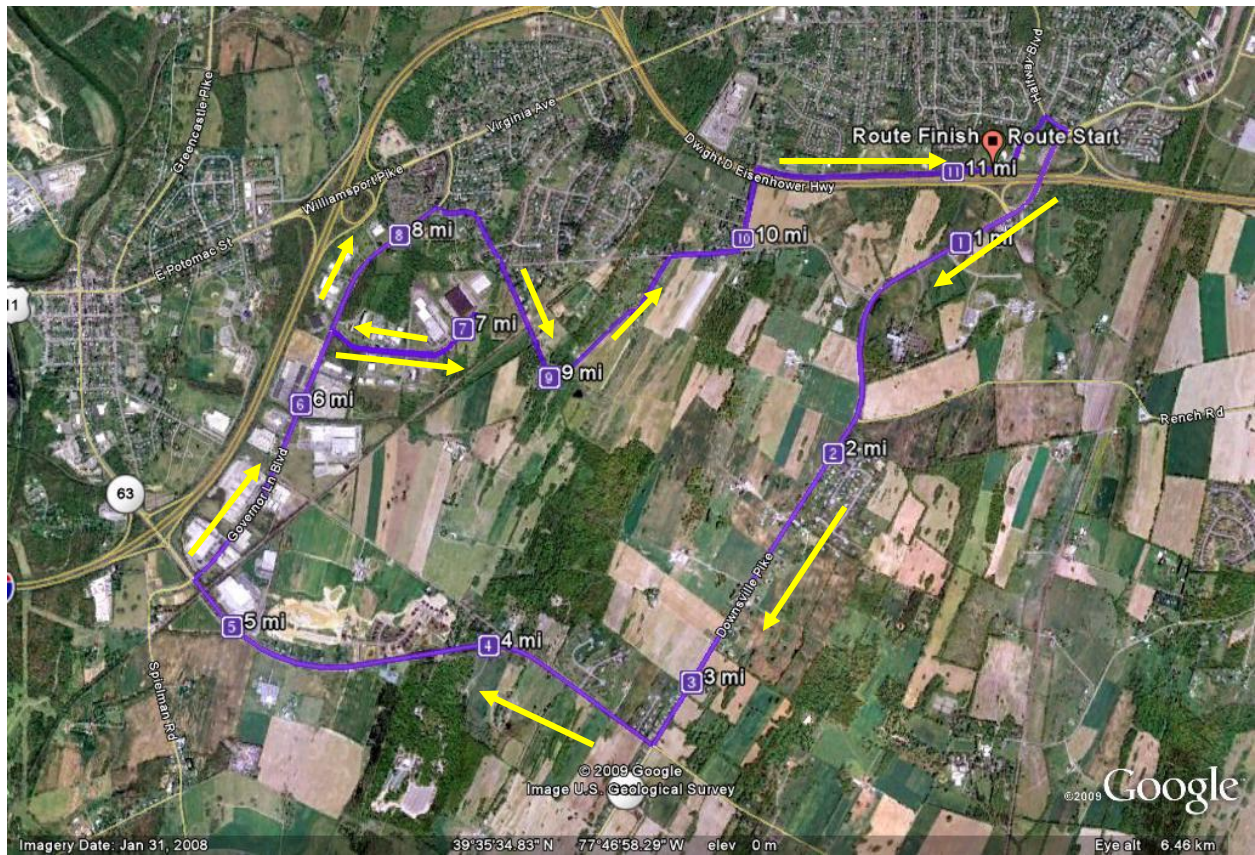
See the next three pages for details on the Swim, Bike and Run courses.

Hagerstown Sprint Triathlon Swim Course-Halfway Pool (25 meters)



Swim Detail: Swim will be an in-water start in the pool. The pool is a friendly 4 feet deep the entire length. There are showers in the bathrooms.

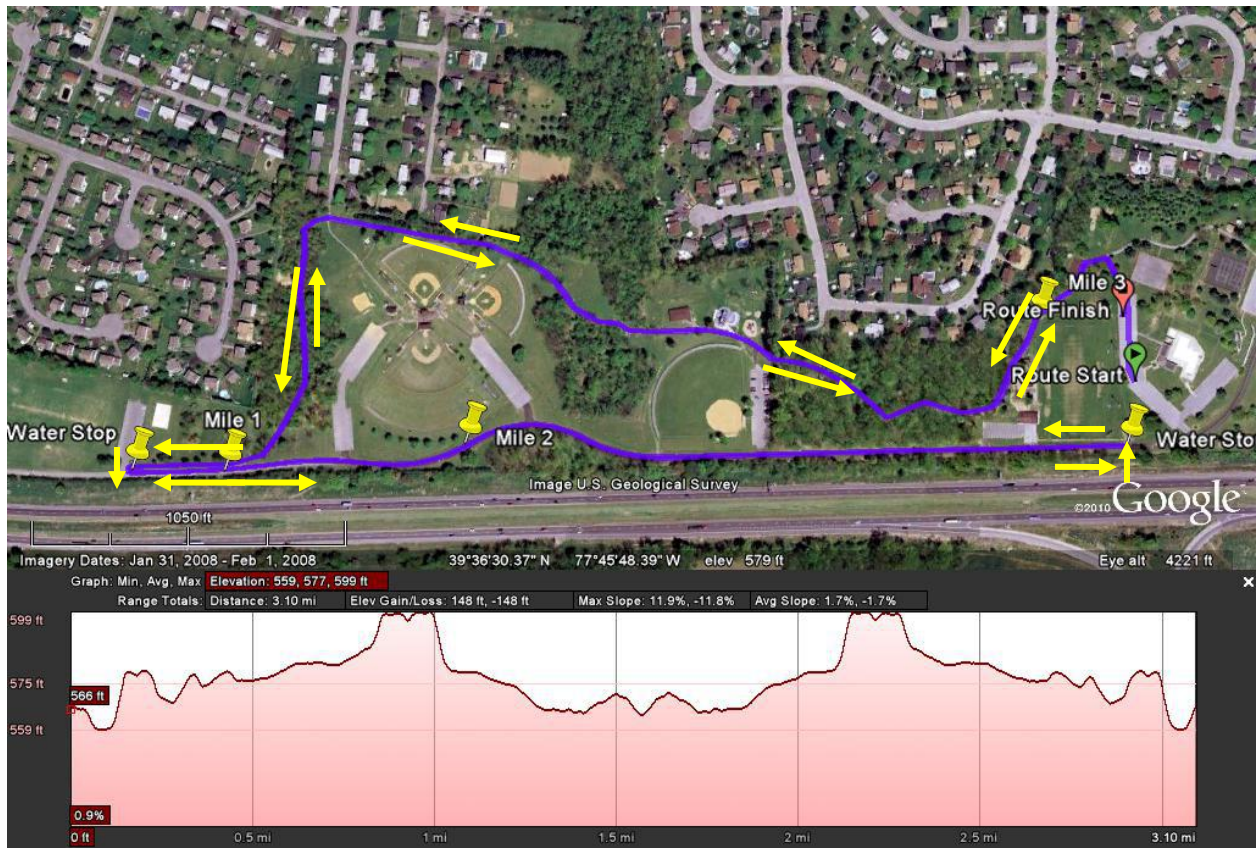
Hagerstown Sprint Triathlon Bike Course-total approximately 11 miles, 370 ft of climbing



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-Industrial Ln, U-Turn at end of Industrial Ln, 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 Sprint Triathlon 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 the parking lot next to the volleyball court (around mile 1), U-Turn onto the park road, proceed down the park road towards the pool parking lot. Then u-turn just before the speed bump on the park road that is before the pool parking and follow the same course back to the finish.