

The Run Portion 3.1 Miles (Cue Sheet)

- Start at pool/transition
- East on Maple Street
- Right on South Spruce Street
- Right on West Marion Street
- Right on Maple Lane
- Left on Lemon Street
- Left on 2nd Avenue
- Right on West Marion Street
- Right on General Sutter
- Left on Grouse Ave
- UTURN on Lark Lane
- Left on Grouse Ave
- Right on General Sutter
- Left on West Marion St
- Left on 2nd Avenue
- Right West Lemon Street
- Left on South Spruce Street
- Left on Maple Street
- Finish in LrC parking lot

*Running Course
in Lititz PA*



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Bike 15.8 Miles (Cue Sheet)

- Leave the transition area at Lititz recCenter WEST on Maple Street.
- Turn right onto Limerock Road.
- Turn left onto Lexington Road.
- Turn right onto Rt. 772 (Orange St)
- Turn right onto S. Penryn Rd. Continue onto N. Penryn Rd.
- Turn right onto Newport Road.
- Turn left onto Bomberger Rd.
- Turn right onto West Lexington
- Turn left onto Limerock Rd.
- Turn left onto Maple St continue to finish near Lititz Spring Pool.

*Biking Course
between Lititz
and Mannheim*



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