

PG Northern Triathlon Sprint Bike Course 20km - Ages 16 and Up

Exit the transition and maneuver through the parking plot Exit the parking lot and turn right onto 18th Ave Turn right on to Foothills Blvd Continue straight until the off ramp for Otway Road Exit the off ramp for Otway Road Turn Left to cross the overpass Turn Left to re-enter Foothills Blvd Merge onto Foothills Blvd Continue straight to 18th Avenue Go around the traffic circle and exit back onto Foothills Blvd Continue straight until the off ramp for Otway Road Exit the off ramp for Otway Road Turn Left to cross the overpass Turn Left to re-enter Foothills Blvd Merge onto Foothills Blvd Continue straight to 18th Avenue Enter traffic circle and exit onto 18th Avenue Returning to transition area

Please listen to traffic control person at Foothills Blvd and 15th Ave. They are they to manage traffic in the intersection. Ultimately you are responsible for your own safety. The road is open to traffic and all participants must obey rules of the road.

Cyclists need to remain in the bike lane. When passing a competitor, call out "ON YOUR LEFT!"

16 AND OVER BIKE COURSE CLOSES AT 9:00AM