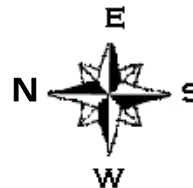
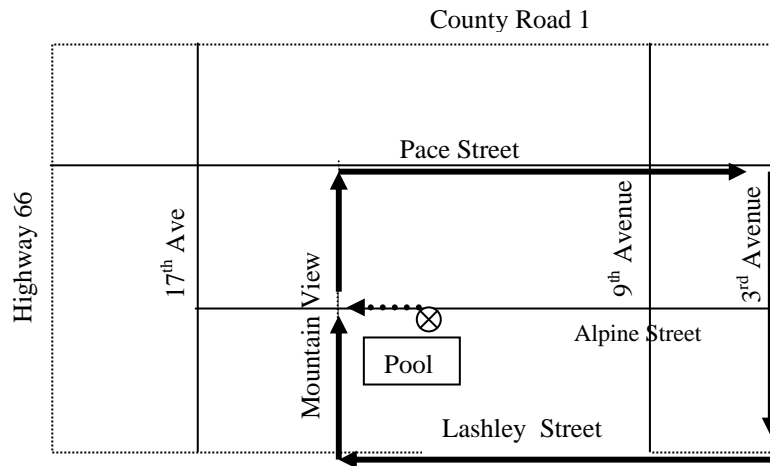


30th Annual Longmont Triathlon Bike and Run Course

12 Mile Bike Route-Loop 3X

Start from Centennial Pool (north driveway entrance) and take a left onto Alpine. Continue North on Alpine to Mt View, turn right onto Mt View to Pace, turn right on Pace to 3rd Ave, turn right on 3rd Ave to Lashley, turn right on Lashley to Mt View, turn right on Mt. View. Complete this loop 3 times. On the 3rd loop turn right on Alpine back into Centennial Pool parking lot. Please use caution at all times on the course.



3.1 Mile Run

Run will start from Centennial Pool (south driveway entrance) and go straight across Alpine Street to Independence (heading east). Independence intersects with Mountain View, take a right on Mountain View and a right again onto the Foot Path. **Stay on the sidewalk as bikers will be riding up the road on Mt View.** Stay on the Foot Path through 9th Ave. Keep going past 9th, staying on the sidewalk to 5th Avenue, turn right on 5th Ave. (west). Continue on 5th Avenue to foot path behind Rocky Mountain Elementary School, turn right onto foot path and follow under bridge at 9th Ave to Alpine St. Once you come from under the bridge, follow the cones and cross Alpine to foot path in Clark-Centennial Park. Go over 2nd bridge and follow foot path to Centennial Pool.

