LITCHFIELD HILLS TRIATHLON 24.8 MILES BIKE COURSE
Transition: right onto West Hill Rd - 2 miles
Right onto Route 183 - 2.5 miles
Right onto Route 44 - 10 miles
Rte. 44/Old County Road
Rte. 44/Central Ave.
Rte. 44/ Rte. 219
Right onto Route 202/179 - 300 yards
Right onto Route 202 - 5 miles
Right onto Route 219 - 0.5 miles
Left onto Dings Rd - 0.5 miles.
Right onto Maple Hollow Rd - 1 mile.
Left on Bruning Rd - 2 miles mostly uphill.
Left onto West Hill Rd - 0.8 miles.
Right into Bike Finish and Transition at Brodie Park.
International distance race: 24.8 mile Bike.