

### CTH Tri Bike Route:

- Leave Stiles Pond
- Main Street (south)
- On to Elm/Georgetown Rd (north)
- Left on Ipswich Road (west)
- Left on Herrick (south)
- Right on Sheffield (south west)
- Hard Right on Main Street (north)
- Return to Stiles Pond

● Indicate route monitor locations

### CTH Swim Route:

Triangular course with two right turns back to Stiles beach

### CTH Run Route:

Out and back on Stiles Pond Road (dirt road)

