



# NEW YORK CITY CENTRAL PARK

## March Madness Bike Route

### BIKE:

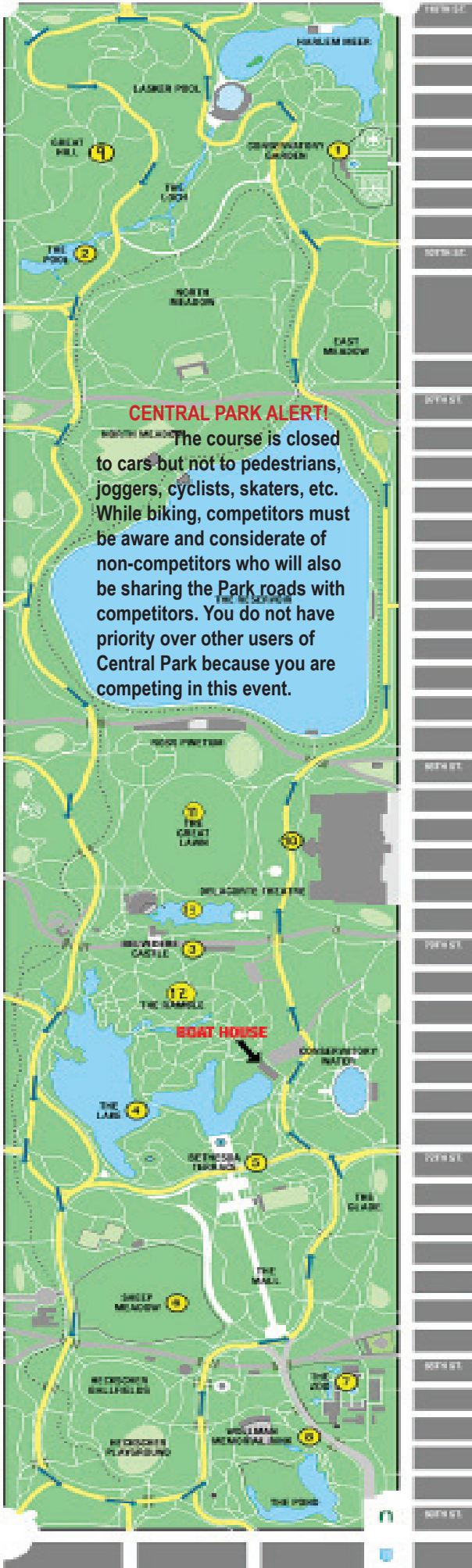
Walk your bike ( No Riding) and helmet strapped to the East end of the transition area as marked. The bike course (12 mi.) consists of two (6 mile) loops of Central Park in a counter-clockwise direction.

Bikers must stay in the middle and right lanes at ALL times and may not enter the runners (left) lane under ANY circumstances!

### DRAFTING RULES:

You must maintain a distance of THREE bike lengths from the bike in front of you! You may not be closer than this distance for any period exceeding 15 seconds. If you are, you will be assessed a two minute penalty for each infraction.

Riding in a Pack/Drafting is a Serious Violation of the Rules of the Event! If another competitor is drafting you, yell to him to STOP DRAFTING! If you wish to file an official complaint regarding drafters, you must record their race number. A competitor who has three drafting reports filed by other competitors will automatically receive a two minute penalty.



**CENTRAL PARK ALERT!**  
The course is closed to cars but not to pedestrians, joggers, cyclists, skaters, etc. While biking, competitors must be aware and considerate of non-competitors who will also be sharing the Park roads with competitors. You do not have priority over other users of Central Park because you are competing in this event.

START & FINISH

TRANSITION AREA



EXIT & ENTER FOR THE BIKE