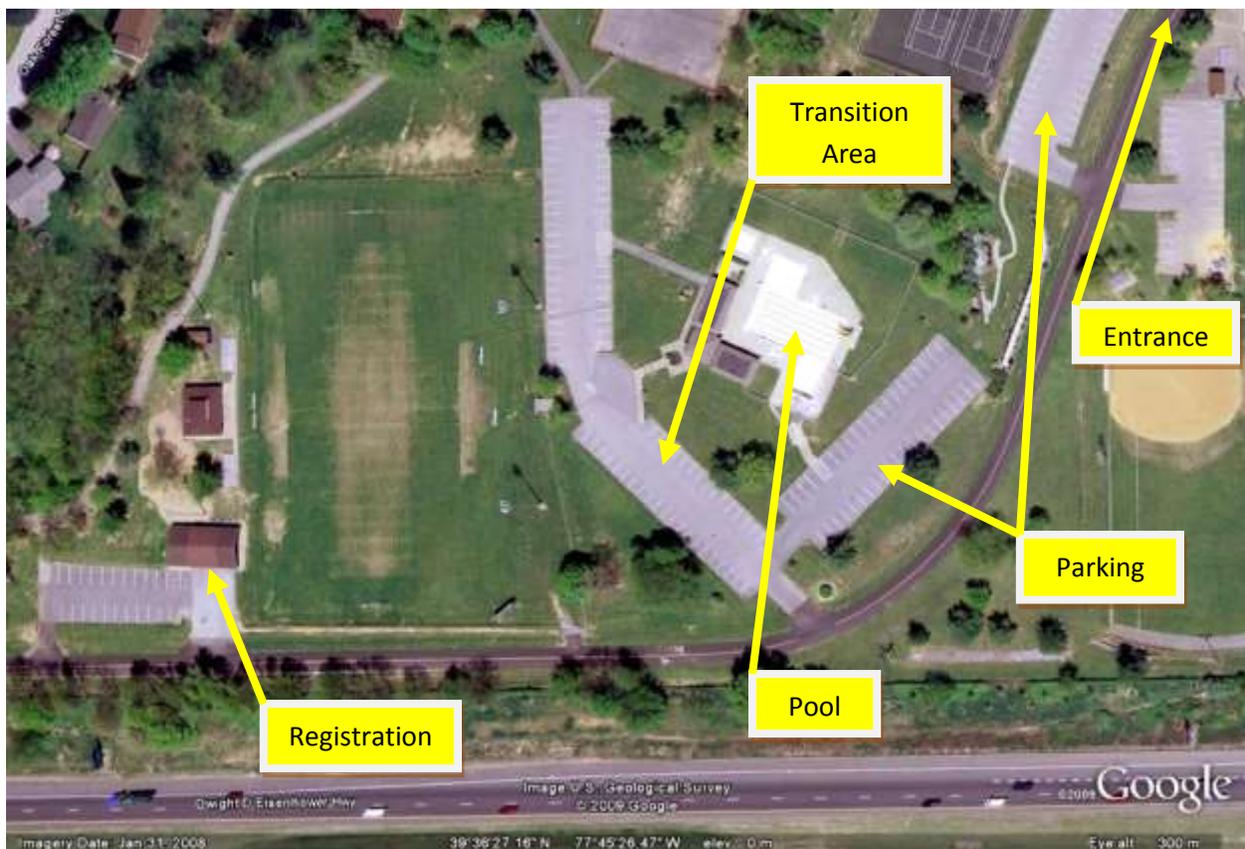




Hagerstown Duathlon Race Site- Halfway Park, 17901 Halfway Boulevard,
Hagerstown, MD 21740

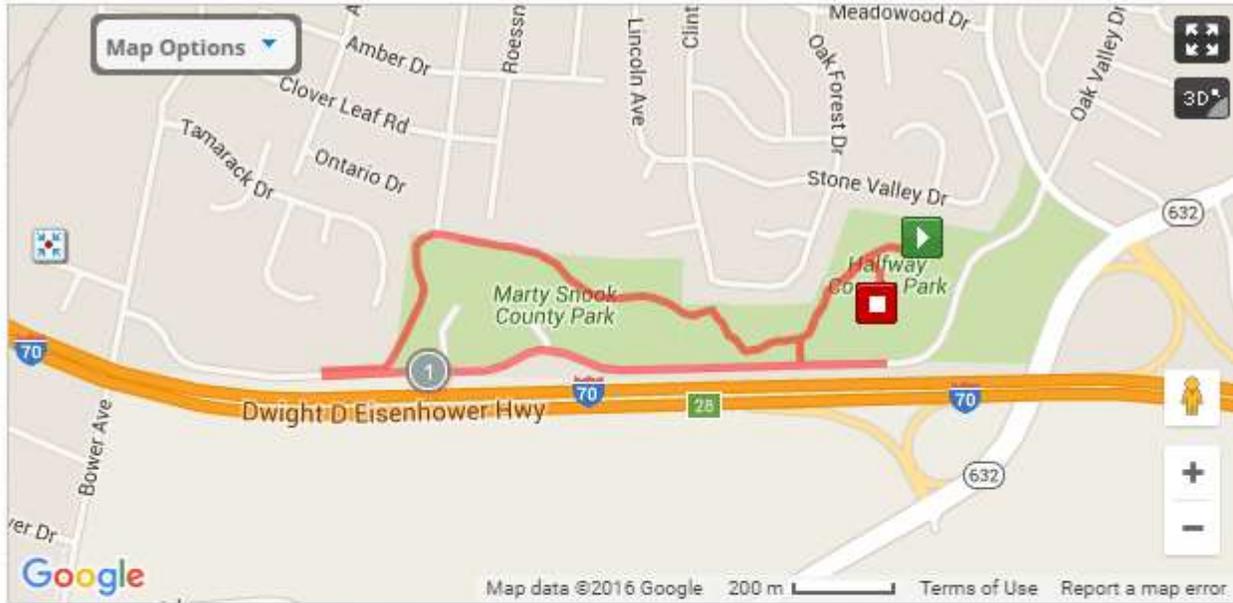


See the next six pages for details on the Run, Bike and Run courses.

Hagerstown Duathlon Run 1 Course- Run is 1.9 miles with elevation approx. 43 ft.

Visit this link for interactive map.

<http://www.mapmyride.com/routes/view/1149727990>



Run 1 Course Turn-by-Turn

- 1- Start on park path between basketball courts and the restrooms next to path.
- 2- Follow the path until the parking lot next to the volleyball court (around mile 1)
- 3- U-Turn onto the park road
- 4- Proceed down the park road towards the pool parking lot
- 5- Then u-turn just before the speed bump on the park road that is before the pool parking lot
- 6- Turn right into the pavilion parking lot's second entrance
- 7- Proceed straight onto the path
- 8- Turn right on path
- 9- Turn right onto the first right turn heading up to transition
- 10- Proceed straight off path to lower parking lot next to the pool

Hagerstown Duathlon Bike Course-total approximately 10 miles, 220 ft of climbing. Visit this link for interactive map.

<http://www.mapmyride.com/routes/view/1149745297>



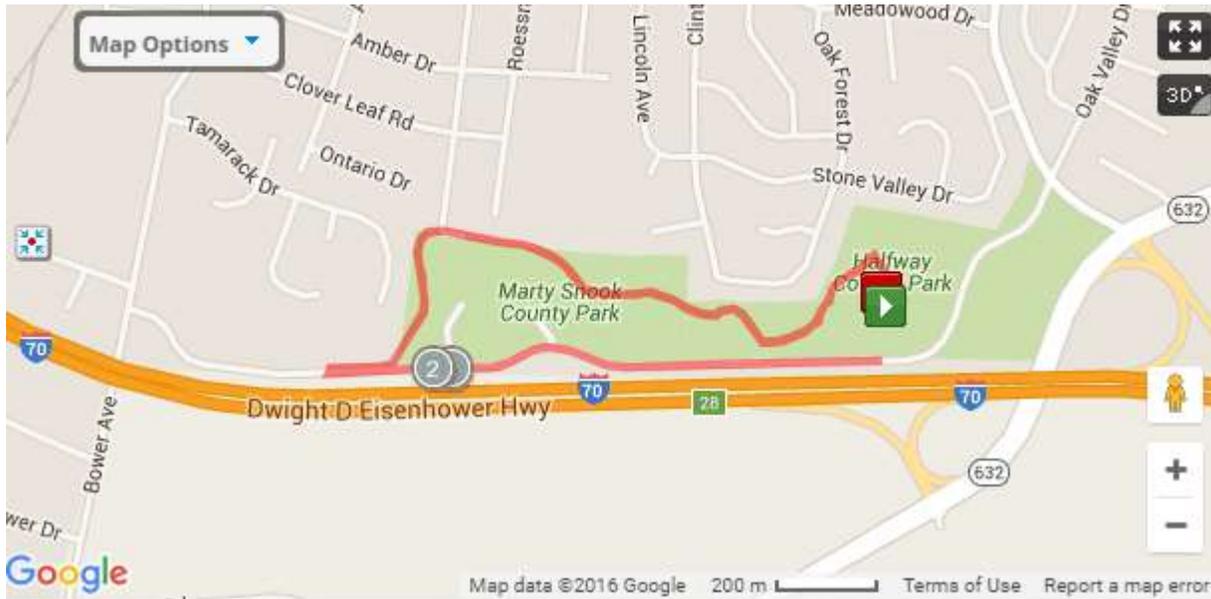
Bike Course Turn-By-Turn

- 1- L-Out of parking lot onto park road
- 2- R-onto Halfway Blvd
- 3- R-onto Downsville Pike (Rt 632)
- 4- R-Lappans Rd (Rt 68)
- 5- R-Governor Ln
- 6- R-Edward Daub Rd
- 7- R-Edward Daub Rd (again)
- 8- R-Sterling Rd
- 9- L-Bower Ave
- 10- R-into Park and proceed back to race site.

Hagerstown Duathlon 5K Run Course- elevation approx. 87 ft. This course is for both the 5K Run and the third leg of the Duathlon.

Visit this link for interactive map.

<http://www.mapmyride.com/routes/view/1149210766>



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
547 FT	597 FT	87 FT	

5K Run Course Turn-by-Turn

- 1- Start in parking lot heading towards the path
- 2- L-at the "T" in the path
- 3- Follow the path until the parking lot next to the volleyball court (around mile 1)
- 4- U-Turn onto the park road
- 5- Proceed down the park road towards the pool parking lot
- 6- Then u-turn just before the speed bump on the park road that is before the pool parking lot
- 7- Follow the same course back to the finish.