

# KEUKA LAKE INTERMEDIATE TRIATHLON

## **BIKE COURSE – 24.85 Miles (1 loop)**

<b>MILE</b>	<b>ELEVATION</b>	<b>DIRECTION</b>
0.0	720ft	Exit transition area heading north on Lake Avenue
0.1		Lake Avenue turns into Oak Street
0.2		Right turn onto Central Avenue
0.6		Right turn onto West Lake Road
2.7		Left turn onto Route 54A – you will be crossing the road as well
		Head south on Route 54A for approximately six miles
	840ft	Start decent down into Branchport
	720ft	End of descent
8.8	740ft	Bike turnaround in Branchport at the 4-corners blinking light
		Head north on Route 54A
	720ft	Start climb out of Branchport
	840ft	Pass scenic overlook parking area
10.2	865ft	Right turn onto Pepper Road
10.2	865ft	Start descent down Pepper Road
10.4	800ft	Start of moderately difficult climb up Pepper Road
12.1	1240ft	Right turn onto Skyline Drive
		Follow Skyline for 4 miles to bike turnaround
16.0	1426ft	Bike turnaround
		Head back down Skyline Drive
23.1	800ft	Left turn onto Assembly Ave. – you will be crossing the road
23.2	800ft	Right turn onto Route 54A
23.2	800ft	Merge with the short triathlon & duathlon bikers
24.0		Right turn onto Central Avenue
24.7		Left turn onto North Avenue – you will be crossing the road as well
24.85	766ft	Transition area will be ahead on the right

## **RUN COURSE – 6.21 Miles (1 loop)**

<b>MILE</b>	<b>ELEVATION</b>	<b>DIRECTION</b>
0.0	720ft	Exit transition heading south on Lake Avenue
		Veer Right not a complete Right onto E. Bluff Dr. on Lake Ave.
3.1		Straight to turn around
		Turn Around!!!
		Straight until Lake Ave.
		Veer Right on Lake Ave.
6.2		Finish line Ahead!!!



<http://score-this.com>  
[info@score-this.com](mailto:info@score-this.com)  
716.662.9379