

Mountain Bike Route Directions for Full Duathlon 2011

Note: The start and finish line for the mountain bike leg is the same as for the run. This is where Monument Park Road (USFS 630) intersects Turkey Springs Road (USFS 629). The Full Duathlon Bike route is marked with **RED** ribbons. Bike route is self-supported with distinct trails and ample markings.

- ↓ Head southwest on Turkey Springs Road for 0.9 miles.
- Turn left on single-track X-C-Ski Trail, go 70 yards to the trail junction.
- ← Turn right on single-track Corn Cob Trail, go 1.4 miles to where the trail intersects the Elk Run Trail.
- Turn left on Elk Run trail, go 1.0 miles to junction with Round Park Trail on the right.
- Turn right on Round Park Trail, go 2.2 miles to the Silk Trail.
- ← Turn left on Silk Trail, go northward for about 1.0 mile to junction with Newt Jack Trail (old dirt road) with a pond on the right.
- ← Turn left on Newt Jack Trail, go 0.1 mile, crossing a fence with a bicycle cattleguard.
- Immediately after the fence, bear right off Newt Jack Trail onto the single-track Happy Meal Trail. Follow Happy Meal Trail north and west for 1.9 miles to Newt Jack Road.
- Turn right on Newt Jack Road, go 0.6 miles.
- ← Turn left off Newt Jack Road onto the single-track Horseshoe Trail. Go 0.6 miles to just past the Park Reservoir (pond) on the right.
- Turn right on Park Avenue Trail, go 0.3 miles to the X-C Ski Trail.
- ← Turn left on the X-C Ski Trail, go 0.7 miles to Turkey Springs Road.
- Turn right on Turkey Springs Road, go 0.9 miles to the Finish Line!

Mountain Bike Route Directions for Half Duathlon 2011

Note: The start and finish line for the mountain bike leg is the same as for the run. This is where Monument Park Road (USFS 630) intersects Turkey Springs Road (USFS 629). The Half Duathlon Bike route is marked with **BLUE** ribbons. Bike route is self-supported with distinct trails and ample markings.

- ↓ Head southwest on Turkey Springs Road for 0.9 miles.
- Turn left on single-track X-C-Ski Trail, go for 70 yards to the trail junction.
- ← Turn right on the single-track Corn Cob Trail, go 1.4 miles to where the trail intersects the Elk Run Trail.
- Turn left on the Elk Run trail, go about 1.1 miles to the junction with Newt Jack Road.
- ↑ Continue straight ahead (northward) on Newt Jack Road for 1.5 miles.
- Turn left off Newt Jack Road onto the single-track Horseshoe Trail. Go 0.6 miles to just past the Park Reservoir (pond) on the right.
- ← Turn right on the Park Avenue Trail, go 0.3 miles to the X-C Ski Trail.
- Turn left on the X-C Ski Trail, go 0.7 miles to Turkey Springs Road.
- ← Turn right on Turkey Springs Road, go 0.9 miles to the Finish Line!