

Columbia Association Triathlon
Bike Course



Turn By Turn

Super Sprint Distance

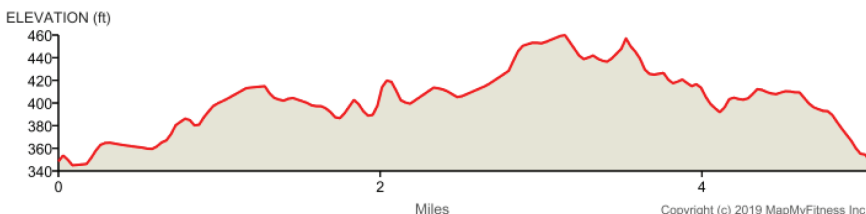
5 miles, 1 loop

- Exit transition area and turn left onto Quaterstaff Rd.
- Turn right onto Martin Rd.
- Turn right onto Freetown Rd.
- Turn right onto Cedar Lane.
- Turn right onto Hickory Ridge Rd
- Turn right onto Martin Rd.
- Turn right onto Quarterstaff Rd
- Proceed to transition area.

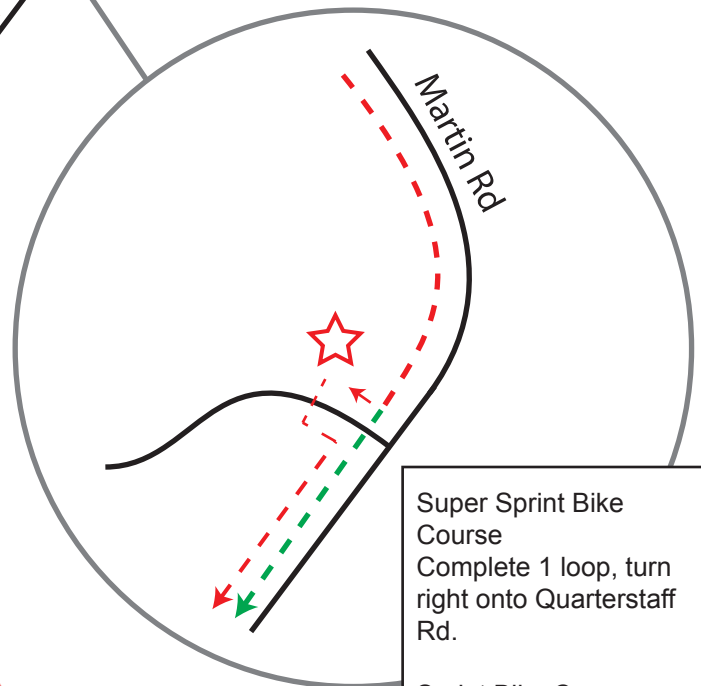
Sprint Distance

10 miles, 2 loops

- Exit transition area and turn left onto Quaterstaff Rd.
- Turn right onto Martin Rd.
- Turn right onto Freetown Rd.
- Turn right onto Cedar Lane.
- Turn right onto Hickory Ridge Rd
- Turn right onto Martin Rd.
- Continue past Quarterstaff Rd and complete second loop.
- Turn right onto Quarterstaff Rd
- Proceed to transition area.



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Super Sprint Bike
Course

Complete 1 loop, turn
right onto Quarterstaff
Rd.

Sprint Bike Course

Passes Quarterstaff Rd
and continues onto loop