

YMCA Triathlon New Course 2010

Swim: 2 triangle laps of 750 meters in Ellenwood Lake
Swimmers will exit the water after 1st lap, run around a Pylon, then re-enter the water for the second lap.

Bike: Leaving Ellenwood Provincial Park,
Right on Mood Road
Left on Saunders Road
Across Highway 340 onto the Pitman Road
At the end of the Pitman Road turn
RIGHT on Lake George Road/Richmond Road to end
(Highway #1 in Port Maitland) then
LEFT Highway #1 in Port Maitland to Darling's Lake
Right on Darling's Lake Road – which turns into Main
Shore Road, which turns into Vancouver Street
Right on Water Street to Tri County School Board
Parking Lot (bottom of Brown Street)
Dismount at line by fence into parking lot
Enter Transition 2 and rack bike, get run bag

Run: Head South out of Transition on Water Street
Follow Water Street, to trail behind treatment plant
Follow trail to fork, then keep right (west) to
Bunker's Island Road –
Right on Bunkers Island Road to fence (turn around)
Head East up Bunker Island Road to Main Street
Left on Main Street (stay on left side of the road) to
Left back on the trail – behind treatment plant –
Back on Water Street, pass T2 heading
north on Water Street to Cotton Mill building
Left by pylon around the back of the complex and
Continue on Water Street heading South to
Public Wharf –
LEFT on Public Wharf to the end, turn around and
FINISH (in front of T2)

Team procedures:

Swim to Bike: Team Bikers should line up on the left side of the exit area (as you face the water). As you swimmer comes out of the water, tag your biker. Biker to proceed to transition area, and get on your bike at the mount line.

Bike to Run: Team Runners to line up of the left side (west side as you face the bikers) just outside of the transition area by the fence. As your biker stops at the dismount area, team runner can proceed through the Transition area (make sure to stay out of the way of any individual bikers coming into transition to rack bikes). Runner to proceed south on Water Street out of transition.

FINISH: All athletes must run the course then proceed onto the Yarmouth Public Wharf, to the end, turn around and come back towards Water Street and finish in front of the Port Manager's Office (grey building).

Map of course: YMCA Yarmouth Triathlon facebook group and www.ymcayarmouth.net/events/triathlon