



APRIL 25 2010

BIKE COURSE CUE SHEET

- Athletes will exit the City of Miami Marine Stadium and proceed west on Rickenbacker Cswy;
- Athletes will continue into William M. Powell Bridge;
- U-Turn #1 takes place right in front of the beach park entrance on Rickenbacker Cswy;
- Athletes will head east and continue into William M. Powell Bridge;
- Athletes will pass the Marine Stadium entrance and continue into a flat bridge (Bear Cut Bridge), entering Crandon Blvd.
- U-Turn #2 takes place in entrance #3 of Crandon Park. Athletes will make a left into the park, follow signage to turn and head back to Crandon Blvd now in a west direction.
- After exiting Crandon Blvd, athletes will make a right turn into the Virginia Key Beach Park, where they will find U-Turn #3.
- When exiting Virginia Key Beach Park, athletes will make a right turn, proceeding west on Rickenbacker Cswy to return to Marine Stadium Transition Area.

Notes:

- The whole course is 12.4 Miles long (20Km).
- It's one lap.
- U-Turn #1 & #3 require athlete to reduce speed and slow down
- There won't be a water aid station in the bike course
- Athletes shall only mount their bikes after exiting Transition
- Athletes shall follow BIKE DISMOUNT signage before returning into Transition
- Handle bar end plugs are required as per USAT regulations