



Health Unlimited Triathlon Bike Course

Leg (mi)	Total (mi)	Name	Directions
0.3	0.3	Turn right	Turn Right at Twin Arch Rd.
0.3	0.6	Turn right	Turn Right at MD-27/Ridge Rd
3.0	3.6	Turn Right	Turn right at Gillis Falls Rd
1.4	5.0	Turn Right	Turn right at Watersville Rd
2.8	7.8	Turn Right	Turn right at W. Watersville Rd
1.5	9.4	Turn Right	Turn right at Old Frederick Rd
1.7	11.1	Turn Right	Turn right at Century Dr

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