

## Age Group National Championships Written Course Directions 2018

### Olympic Bike

1. Take right onto Whiskey Island Drive and take first exit on roundabout south
2. Take right onto Cleveland Memorial Shoreway Westbound
3. Turn around at West Blvd and Lake Ave onto Cleveland Memorial Shoreway Eastbound
4. Take right on Exit 195A
5. Turn left on S. Marginal Rd.
6. Turn right onto E 55<sup>th</sup> St.
7. Right on St. Clair Ave.
8. Left on E. 40<sup>th</sup> St.
9. Left on Chester Ave
10. Left on E. 105<sup>th</sup> St.
11. Left on Martin Luther King Jr. Dr.
12. Turn around at Superior Overpass, and continue south on Martin Luther King Jr. Dr.
13. Right on E. 105<sup>th</sup> St.
14. Right on Chester Ave.
15. Right on E. 40<sup>th</sup> St.
16. Right on St. Clair Ave.
17. Left on E. 55<sup>th</sup> St.
18. Left on S. Marginal Rd.
19. Right onto Cleveland Memorial Shoreway Westbound entrance ramp
20. Head West on Cleveland Memorial Shoreway
21. Take the exit toward Whiskey Island/Edgewater Park/W. 73<sup>rd</sup> St.
22. Turn right at exit ramp and head towards roundabout
23. Take third exit on roundabout and head west on Whiskey Island Dr.
24. Head to transition area

### Sprint Bike

1. Take right onto Whiskey Island Drive and take first exit on roundabout south
2. Take right onto Cleveland Memorial Shoreway Westbound
3. Turn around at West Blvd and Lake Ave onto Cleveland Memorial Shoreway Eastbound
4. Take right on Exit 195A
5. Turn left on S. Marginal Rd.
6. Turn around at E. 49<sup>th</sup> St. and head southwest on S. Marginal Rd.
7. Right onto Cleveland Memorial Shoreway Westbound entrance ramp
8. Head West on Cleveland Memorial Shoreway
9. Take the exit toward Whiskey Island/Edgewater Park/W. 73<sup>rd</sup> St.
10. Turn right at exit ramp and head towards roundabout
11. Take third exit on roundabout and head west on Whiskey Island Dr.
12. Head to transition area

### Olympic run

1. Exit transition and turn right on sidewalk
2. Vere left southern bike path closest to freeway
3. Turn left on bike path before Upper Edgewater Dr. (continues to follow freeway exit ramp)
4. Continue through intersection at West and Lake and head west on Lake Ave.

5. Turn around at Lake Ave. and W. 104<sup>th</sup> St.
6. Turn left onto West Blvd.
7. Turn right onto sidewalk on east side of West Blvd. after Edgewater Dr. intersection
8. Turn left onto Upper Edgewater Dr.
9. Run around outer edge of Edgewater Lower West parking lot
10. Run back onto Upper Edgewater Dr. eastbound
11. Turn left at third parking lot
12. Turn left on sidewalk, north of Upper Edgewater Dr.
13. Turn right on sidewalk headed north and back east along northern edge of the park
14. Continue east along sidewalk on southern side of beach
15. At eastern side of beach, turn right on to bike path to start lap 2
16. Continue bike path before Upper Edgewater Dr. (continues to follow freeway exit ramp)
17. Continue through intersection at West and Lake and head west on Lake Ave.
18. Turn around at Lake Ave. and W. 104<sup>th</sup> St.
19. Turn left onto West Blvd.
20. Turn right onto sidewalk on east side of West Blvd. after Edgewater Dr. intersection
21. Turn left onto Upper Edgewater Dr.
22. Run around outer edge of Edgewater Lower West parking lot
23. Run back onto Upper Edgewater Dr. eastbound
24. Turn left at third parking lot
25. Turn left on sidewalk, north of Upper Edgewater Dr.
26. Turn right on sidewalk headed north and back east along northern edge of the park
27. Continue east along sidewalk on southern side of beach
28. Turn left towards Edgewater Beach House
29. Run across temporary bridge onto parking lot
30. Follow right toward finish line (northernmost lot of the 6)

### Sprint Run

1. Exit transition and turn right on sidewalk
2. Turn left southern bike path closest to freeway
3. Turn left on bike path before Upper Edgewater Dr. (continues to follow freeway exit ramp)
4. Continue through intersection at West and Lake and head west on Lake Ave.
5. Turn around at Lake Ave. and W. 104<sup>th</sup> St.
6. Turn left onto West Blvd.
7. Turn right onto sidewalk on east side of West Blvd. after Edgewater Dr. intersection
8. Turn left onto Upper Edgewater Dr.
9. Run around outer edge of Edgewater Lower West parking lot
10. Run back onto Upper Edgewater Dr. eastbound
11. Turn left at third parking lot
12. Turn left on sidewalk, north of Upper Edgewater Dr.
13. Turn right on sidewalk headed north and back east along northern edge of the park
14. Continue east along sidewalk on southern side of beach
15. Turn left towards Edgewater Beach House
16. Run across temporary bridge onto parking lot
17. Follow right toward finish line (northernmost lot of the 6)