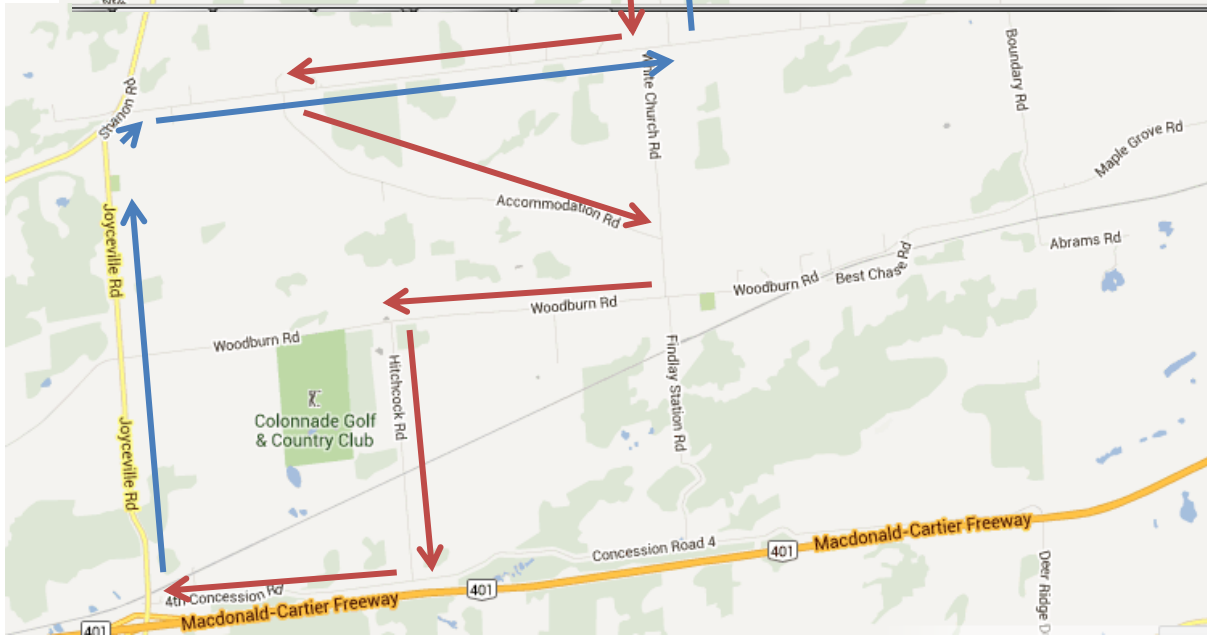
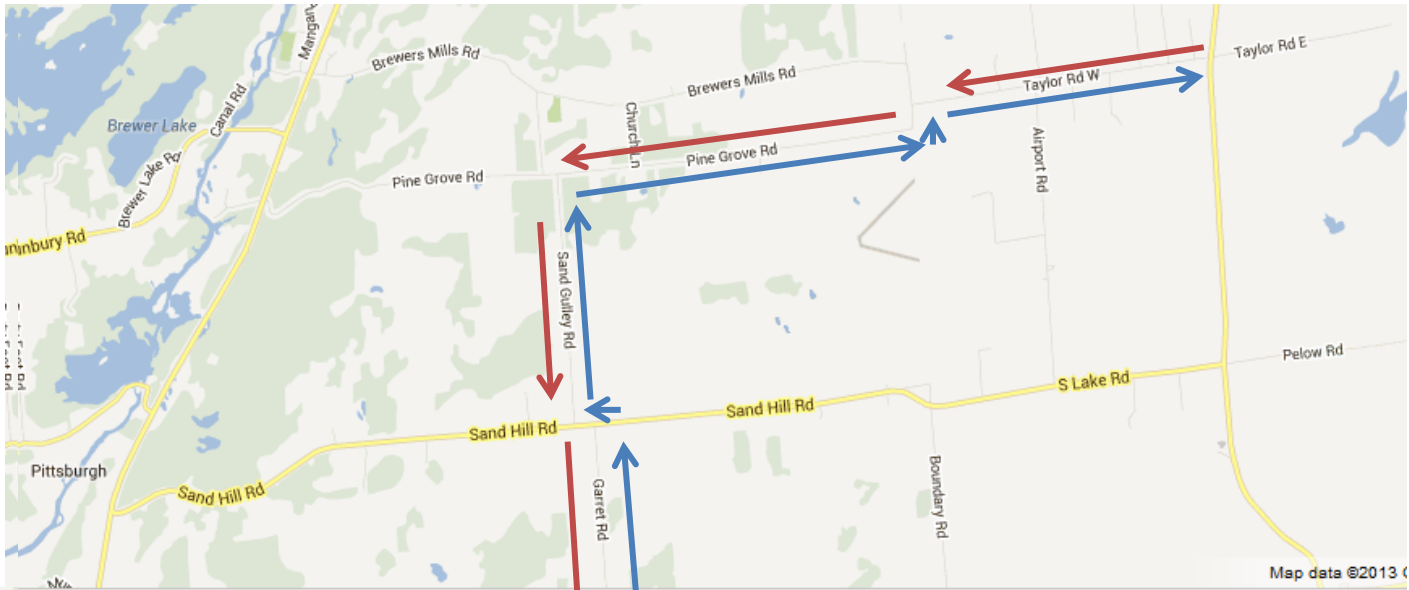


Kingston Triathlon Long Ride #1 – June 16, 2013



1. East on Middle Road	1. Take Taylor Road West turn left onto Pine Grove Road
2. Left onto Joyceville Road	2. Left onto Sand Gulley Road
3. Right onto Shannon Road just before Highway 15.	3. Short left onto Sand Hill Road
4. Stay right onto Concession Road 6	4. Right onto Garret
5. Left onto Garret Road	5. Right onto 6 th Concession
6. Left onto Sand Hill Road	6. Left onto Accommodation Road
7. Immediate first right onto Sand Gulley Road	7. Right on White Church
8. Right onto Pine Grove Road	8. Right onto Woodburn Road
9. Right onto Taylor Road West. The car will be parked at the end of Taylor Road West	9. Left onto Hitchcock Road
10. Turnaround	10. Right onto 4 th Concession
	11. Left onto Joyceville Road
	12. Right onto Middle Road back to Highway 15

