



Start & Finish of the Bike Course information

- ❖ Ultimate Bike Course = 112 miles x 4 laps
- ❖ Ultimate ½ Bike Course = 56 miles x 2 laps
- ❖ Ultimate ¼ Bike Course = 28 miles x 1 lap
- ❖ One lap of the Bike Course = 28 miles
- ❖ **IMPORTANT!** Make sure you study the end part of your lap and the Alderford Roundabout area
- ❖ Please take extra care when you have to go around any roundabout, safety is **IMPORTANT!**
- ❖ The mount line and dismount line are situated as your exit the cycle transition
- ❖ **IMPORTANT!** Whenever you arrive at a coned filter lane on the bike course, you must keep inside the cones at all times. This is for your safety!