

Triathlon Sprint Route

Swimming (Green): Begin at pier. Swim out past yellow buoys and back into the Marina Launching ramp—follow path up to the Deep River Yacht and Tennis Club.

Cycling (Orange): Begins at the Yacht & Tennis Club (DRYTC) go down Pier Rd. and turn left onto River Road. Quick left onto Brockhouse Way. This is where the loop begins. Continue down Brockhouse Way to Beach Ave., take a right on LaSalle Drive. Left onto Banting, right onto McElligott. Left onto Algonquin, cross Deep River Road onto Huron St., take a left onto Rutherford. Cycle down Rutherford until you reach Ridge Road. Take a left, then a right onto Thomas. Follow Thomas down the hill to Pine Point Road and take a right. Take another right onto River Road. Merge left onto Brockhouse Way. Repeat this route one more times. At the end of the second lap, exit left off of River Road to Pier Rd. to return to the DRYTC for the transition to the running segment.

Run (Blue): Exit from the Deep River Yacht & Tennis Club (DRYTC) using the run exit path and turn left onto Brockhouse Way, then left onto Beach Avenue, then right on LaSalle Drive. Take a left onto Banting Drive and continue to MARKED turn around. Continuing back on Banting turn left onto LaSalle, back to Beach Avenue. Take a left on Deep River Road (up the hill), right onto Ridge Road (Giant Tiger), run past the Library, right onto Alder Crescent,

