

Triathlon 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 Shoreline Sports Club

Cycling (Orange): Begins at the Shoreline Sports Club (DRSSC) 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 two more times. On the third lap, exit left off of River Road to Pier Rd. to return to the DRSSA for the transition to the running segment.

Run (Blue): along Brockhouse Way to Beach Avenue, then right onto LaSalle drive. Take a left onto Banting drive. Take a right onto McElligott Drive. Right onto Algonquin st., right onto Glendale avenue, right onto Golf Course road, left onto McElligott drive. Run back down McElligott Drive and left onto LaSalle, back to Beach Avenue. Take a left on Deep River Road (up the hill), right onto Ridge Road (pass Giant Tiger), run past the Library, right onto Alder Crescent, right onto Laurier, right onto Brockhouse Way (down the hill). Finish at Centennial Terrace.

