



A 70 MILE FIGHT FOR YOUNG  
ADULT CANCER SUPPORT

SWIM .9 mile BIKE 56 miles RUN 13.1 miles

## Half Full Triathlon Run Cue Sheet

Mile	Notes
0.0 mi.	Transition Start Begin downhill towards boat ramp
.2 mi.	Right onto path at lake Continue to follow path around lake
.9 mi.	Bear Right on trail out of Centennial Park
1.7 mi.	Turn Left onto Old Annapolis Road
2.0 mi.	Turn Right onto Font Hill Road
3.5 mi.	Turn Left onto Carrigan Drive
3.9 mi.	Turn Left onto Centennial Lane
6.5 mi.	Turn Left into Centennial Park side entrance Bear Left around lake
7.4 mi.	Bear Left at split (merge with first loop)
8.1 mi.	Left on Old Annapolis Road
8.4 mi.	Right on Font Hill Road
9.7 mi.	Left into Font Hill Wetland Park Stay to the Right on trail Bear Left over 1st bridge
10 mi.	Stay Right at pond
10.1 mi.	Exit Park Left onto Centennial Lane
12.6 mi.	Left into Centennial Park side entrance Bear Right around lake Follow path with lake on your left
13.1 mi.	Finish at foot bridge

