



### Alternate Bike Course Diagram

21-Mile Course (Olympic 1 lap, Half 3 laps)

Exit Lake Welch turn right on Lake Welch Dr., descend hill, make U-turn and return back up Lake Welch Dr. to Seven Lakes Dr. Turn right on Seven Lakes Dr. and continue up to Tiorati Circle. U-Turn at Tiorati Circle and return down Seven Lakes Dr., U-turn just after Lake Sebago entrance then turn right onto Lake Welch Dr. return to Lake Welch.

