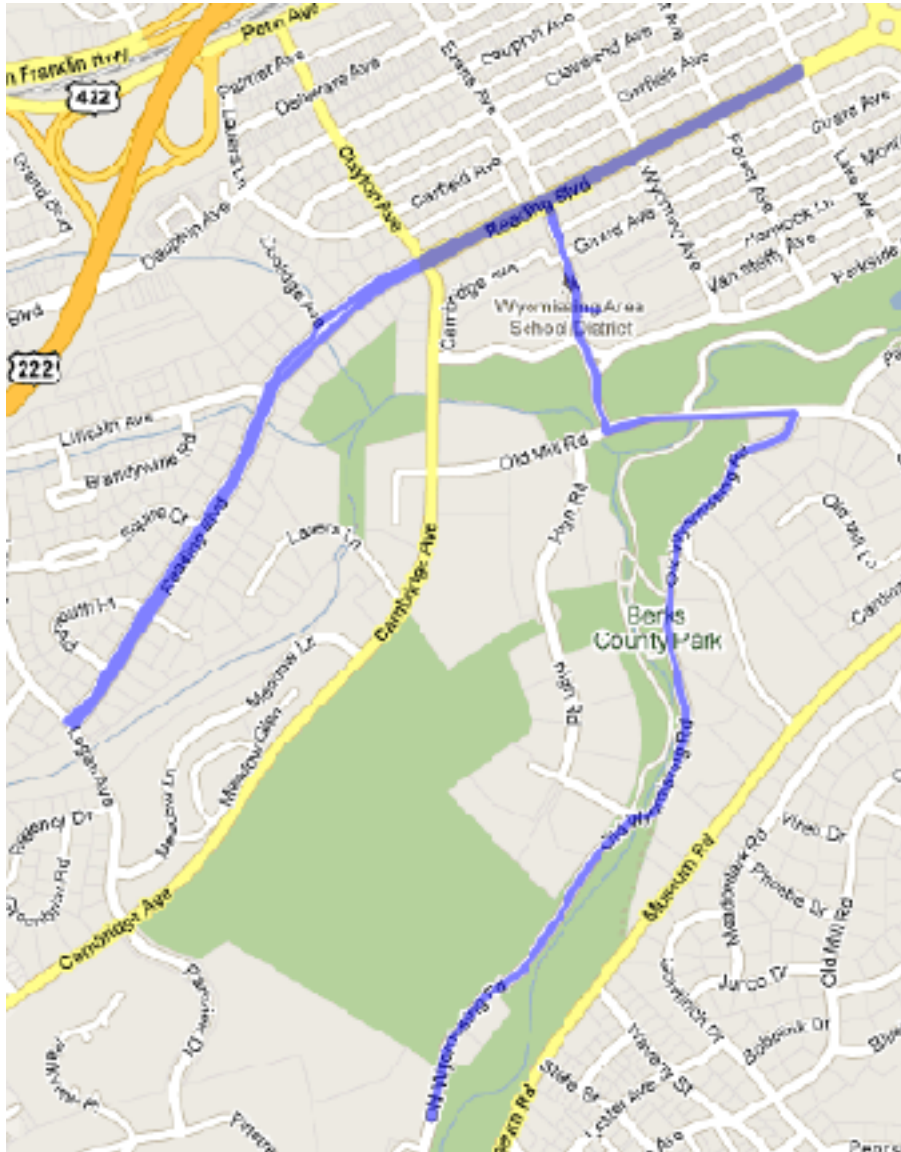


# IM ABLE DUATHLON



T – Transition Area at Wyomissing HS parking lot off Evans Ave

## Run Route 1:

START on Evans Ave  
Turn Left onto Old Mill Rd  
Turn Right onto Old Wyomissing Rd  
Turn around at 1.5 miles  
Turn Left onto Old Mill Rd  
Turn Right onto Evans  
Finish Line for 5k Only  
Turn Left back into Transition Area for Duathlon

## Bike Route:

Exit transition and turn Left onto Evans  
Turn Right onto Reading Blvd (0.2 miles)  
Turn around before circle (Lake Ave)  
Turn around at Logan Ave  
On 6<sup>th</sup> lap, make Right turn onto Evans (15.2 miles)  
Turn Right back into transition area (15.4 miles)

## Run Route 2:

Exit transition and turn Right onto Evans  
Turn Left onto Old Mill Rd  
Turn Right onto Old Wyomissing Rd  
Turn around at 1.5 miles  
Turn Left onto Old Mill Rd  
Turn Right onto Evans to FINISH!

**\*\*Sprint distance Duathlon is same course\*\***