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 6th 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**

www.imablefoundation.org