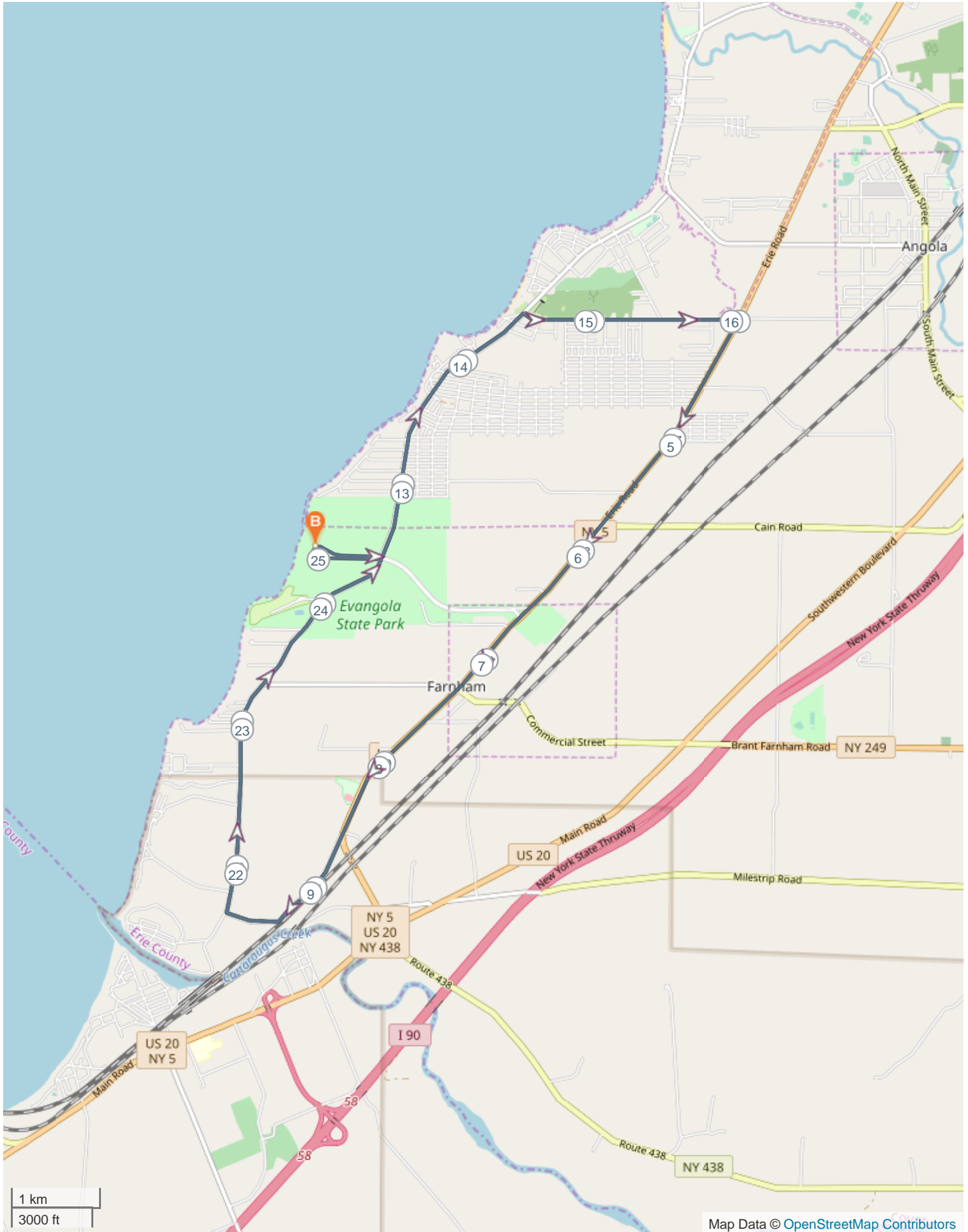


A Tri In The Buff - Inter/Aqua/Du Bike



ROUTE DIRECTIONS

No	Miles	Turn	Directions
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No	Miles	Turn	Directions
1	2.515	➔	Turn right onto Herr Rd
2	4.016	➔	Turn right at the 1st cross street onto NY-5 W/Erie Rd
3	8.535	➔	Turn right onto Erie Rd/Old Lake Shore Rd
4	9.664	➔	Turn right to stay on Old Lake Shore Rd
5	14.567	➔	Turn right onto Herr Rd
6	16.068	➔	Turn right onto NY-5 W/Erie Rd
7	20.587	➔	Turn right onto Erie Rd/Old Lake Shore Rd
8	21.716	➔	Turn right to stay on Old Lake Shore Rd
9	25.084		