

Middle Tyger YMCA Triathlon

Bike Course Directions

Start in the parking lot of the MTY

Take a right onto Shoals Rd

Straight across Hwy 290

Continue straight on Shoals Rd

LEFT onto Silver Lake Rd. go to the end

Left on Duncan-Reidville Rd

Continue straight across Reidville Rd through the traffic light onto College Rd. Which then turns into Reidville-Sharon Rd.

—start of loop

There is a 3 way intersection with a church in front of you – take a HARD LEFT onto Sharon Rd.

Take a LEFT on *no name street - 3rd road on the left? (Fowler Rd. but no road sign) at the bottom of the hill, before the bridge. (If you cross the bridge and start uphill, you've gone too far)!

Take a LEFT on Greenpond Rd.

Take a LEFT on Lightwood Knot Rd.

—end of loop

Take a RIGHT on Reidville-Sharon Rd. at the stop sign. Go straight across at light

Take a RIGHT on Silver Lake Rd.

Take a RIGHT on Shoals Rd

Continue across Hwy 290 to finish at the YMCA on your left.