

**YWCA  
2009 TRIATHON  
5K ROUTE**

**Start at West End of Grumbacher Sports and  
Fitness Center thru Transition and over  
Bridge**

<b>Left</b>	<b>Colonial Avenue</b>
<b>Left</b>	<b>Virginia Ave.</b>
<b>Left</b>	<b>Jackson Street</b>
<b>Right</b>	<b>Grantley Road</b>
<b>Left</b>	<b>Rail Trail</b>
<b>Return</b>	<b>Rail Trail</b>
<b>Left</b>	<b>Grantley</b>
<b>Right</b>	<b>College Parking Lot</b>
<b>Enter</b>	<b>Track (1-lap)</b>