



41k – 1 lap

DIRECTIONS: Exit transition and go right on the main park road to route 125. Go left on route 125 to Forest Road #3. Go right on Forest Road #3 to Thompson Hill Road. Go right on Tick Ridge Road to Rocky Fork Road. Go left on Rocky Fork Road to Big Run Road. Go left on Big Run Road to the Forest Road #3. Go right on Forest Road #3 to route 125. Go left on route 125 to Shawnee State Park main entrance. Go right at the Shawnee Park main entrance to the transition entrance.
NO AID ON BIKE COURSE.

