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Southern Ohio
Medical Center

American Triple-T Race #4

Bike Course Map

56 Mile – 1 lap

DIRECTIONS: Exit transition and go right to route 125. Go right on route 125 to Fire Road #1 (entrance of the Boy Scout Camp). Go left on Forest Road #1 to route 73. Forest Road #1 briefly turns into route 371 before ending at route 73. Go left on route 73 to Big Spruce-Little Bear. Go left on Big Spruce-Little to route 125. Go right on route 125 to Rocky Fork Road. Go right on Rocky Fork Road to route 348. Go left on route 348 to Blue Creek Road. Continue on Blue Creek Road to route 125. Go left on route 125 to the Shawnee State Park main entrance. Go right at the Shawnee Park main entrance to the transition entrance.

The bike aid stations at Mile 27 & Mile 47 with Boom Energy Gel, Water & INFINIT (for bottle refills), Ice, Cookies, Coke, and Fruit with a neutral table for your special needs bags.

