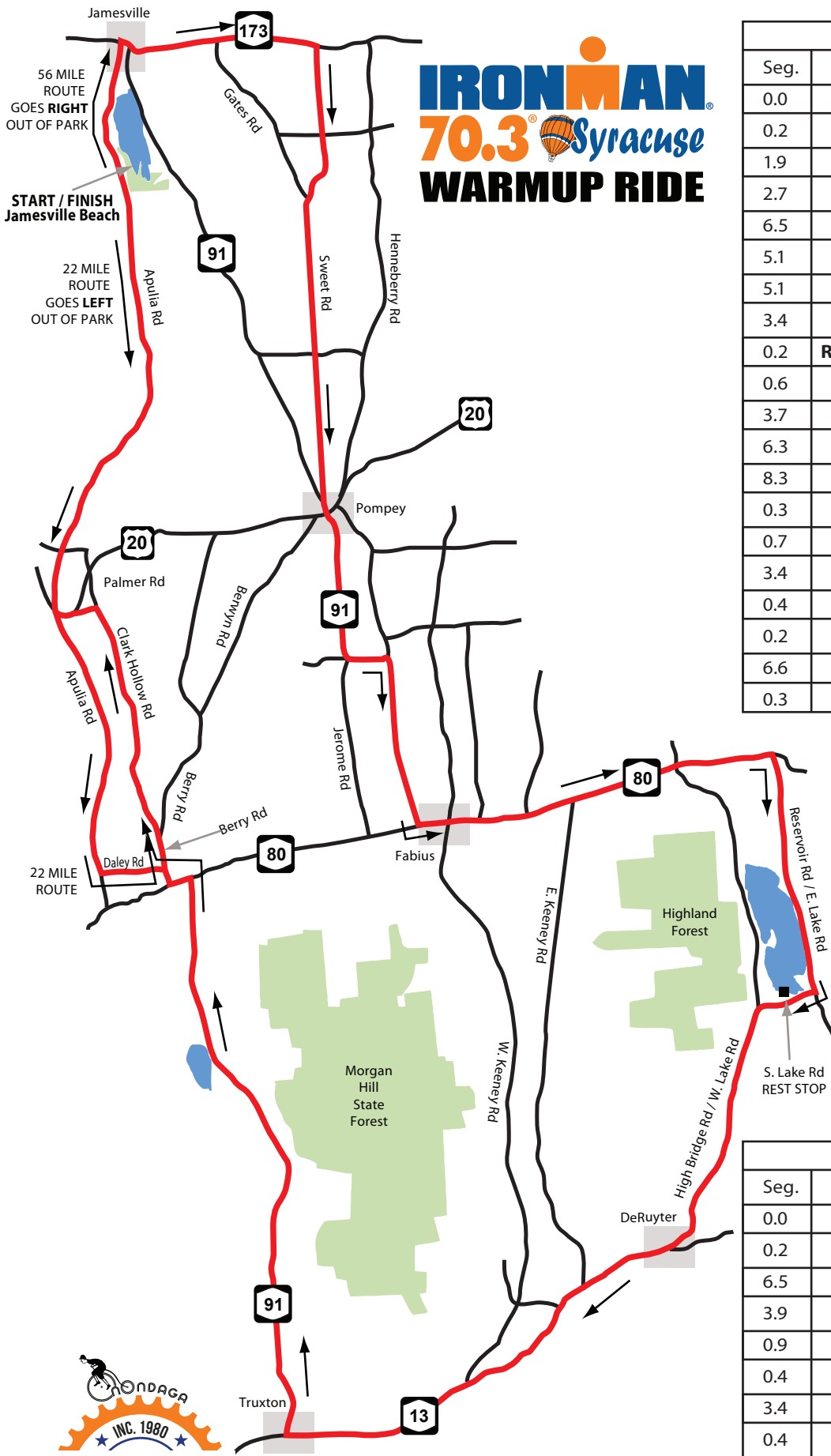


# IRONMAN 70.3 Syracuse WARMUP RIDE



56 Mile Loop		
Seg.	Directions	Total
0.0	Exit Park	0.0
0.2	R - Auplia Rd	0.2
1.9	R - NY 173	2.1
2.7	R - Sweet Rd	4.8
6.5	S - onto NY91, cross Rte20	11.3
5.1	L - NY80	16.4
5.1	R - Reservoir Rd / E. Lake Rd	21.5
3.4	R - South Lake Road	24.9
0.2	<b>RESTSTOP</b> - DeRuyter Gen. Store	25.1
0.6	L - W. Lake Rd / Highbridge Rd	25.7
3.7	R - on NY 13	29.4
6.3	R - NY 91	35.7
8.3	L - US 80	44.0
0.3	R - Berry Rd	44.3
0.7	L - Clark Hollow Rd	45.0
3.4	L - Palmer Rd	48.4
0.4	L - US 20	48.8
0.2	R - Apulia Rd	49.0
6.6	R - Into Park	55.6
0.3	Finish	55.9

22 Mile Loop		
Seg.	Directions	Total
0.0	Exit Park	0.0
0.2	L - Auplia Rd	0.2
6.5	S - on Apulia - cross US 20	6.7
3.9	L - Daley Rd	10.6
0.9	L - Berry Rd ( T )	11.5
0.4	L - Clark Hollow Rd	11.9
3.4	L - Palmer Rd	15.3
0.4	L - US 20	15.7
0.2	R - Apulia Rd	15.9
6.5	R - Into Park	22.4
0.2	Finish	22.6

