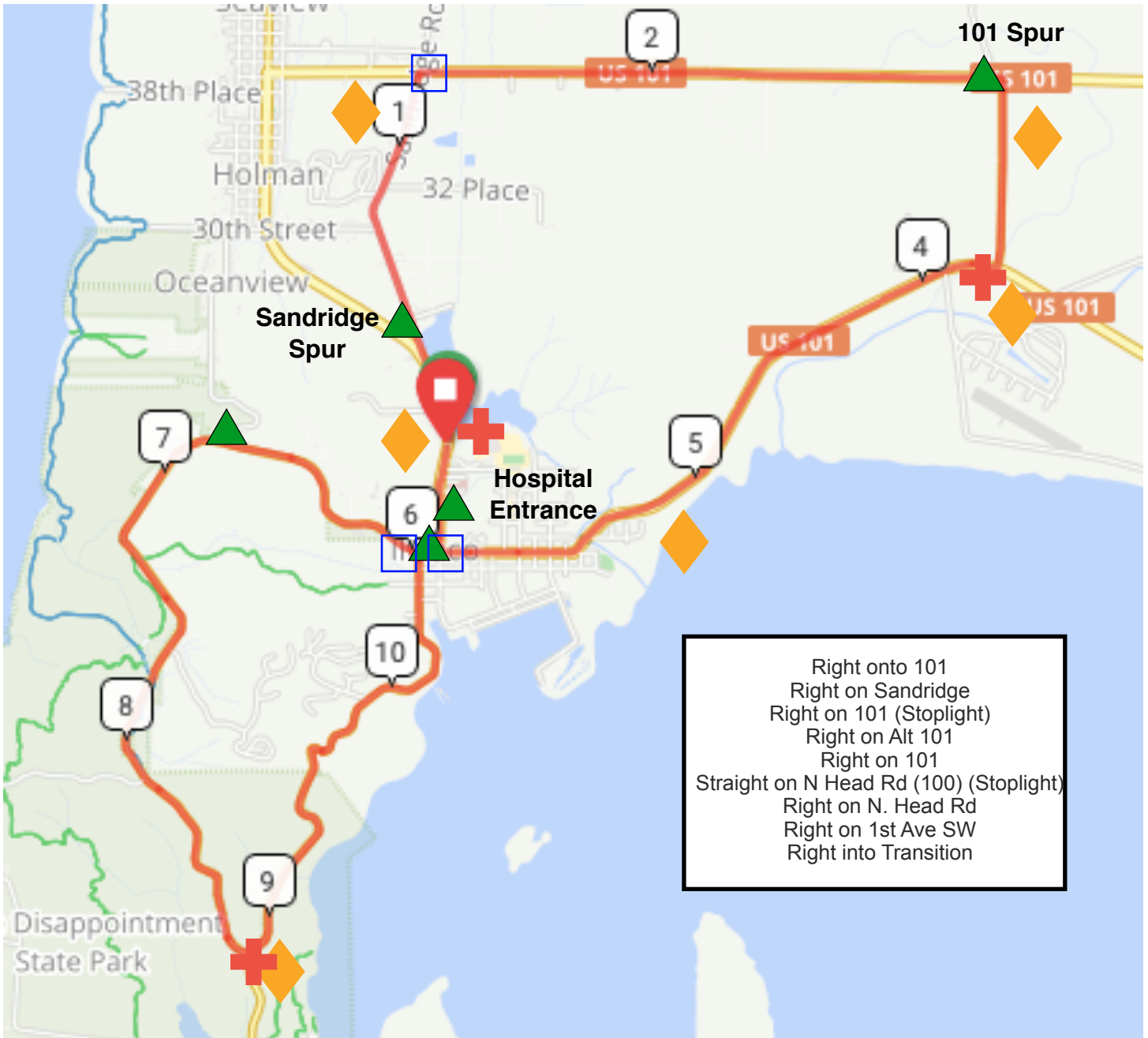


2019 Cape-D Triathlon Biking Route Support Stations



Right onto 101
 Right on Sandridge
 Right on 101 (Stoplight)
 Right on Alt 101
 Right on 101
 Straight on N Head Rd (100) (Stoplight)
 Right on N. Head Rd
 Right on 1st Ave SW
 Right into Transition



Event Ahead Sign



Volunteer Flagger



Fire Department Aid Station

Black Lake Pavillion
US 101 Spur
Loop 100 & Fort Canby Rd



City Police

Spruce & First
US 101 & Sandridge
Spruce & Brumbach
US 100 West of 2nd