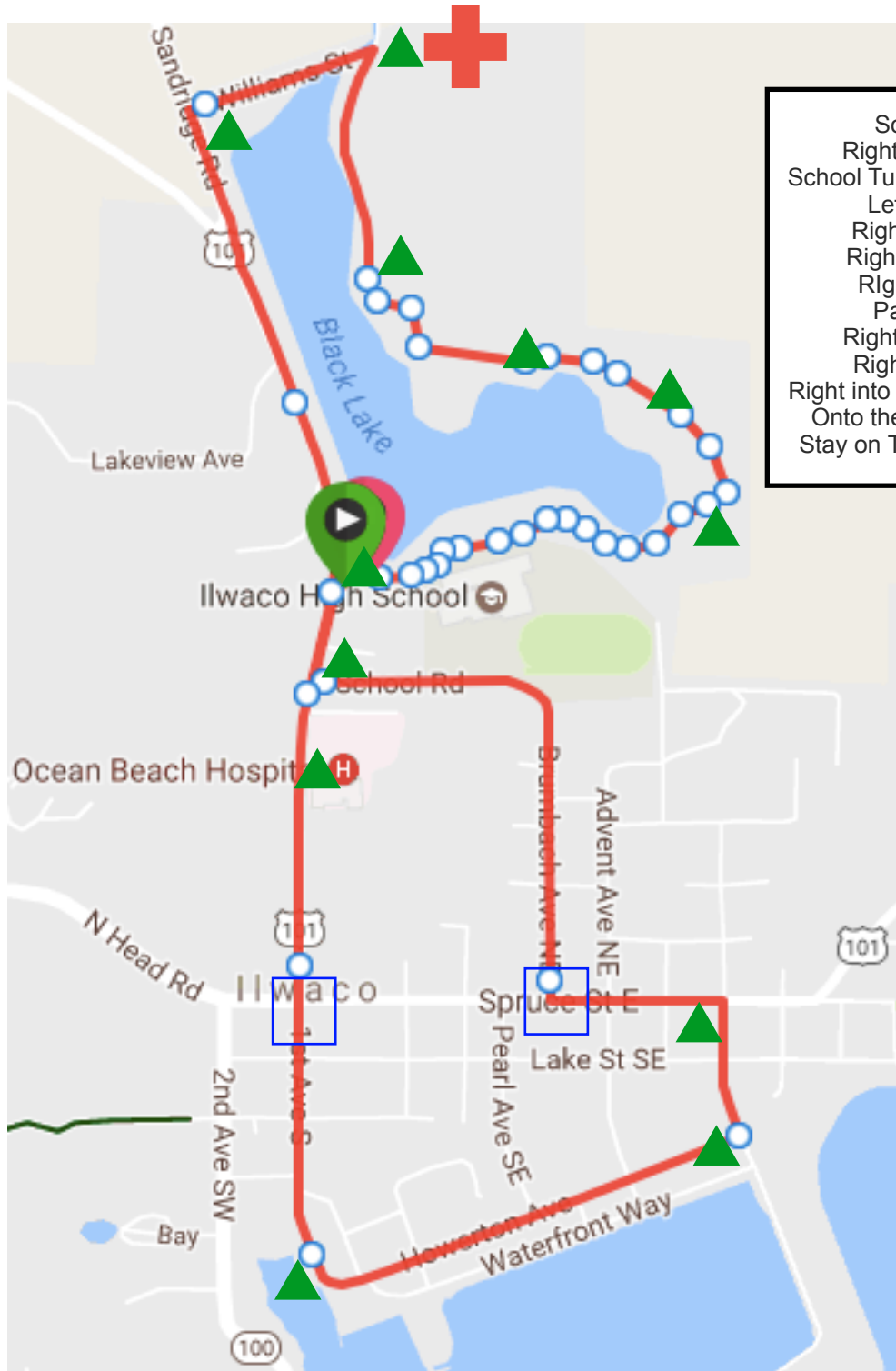



2019 Cape-D Triathlon Running Route Support Stations



South on 101
 Right on School Rd
 School Turns into Brumbauch
 Left on Spruce
 Right on Elizabeth
 Right on Howerton
 Right on 1st Ave
 Past Trastion
 Right on Sandridge
 Right on Williams
 Right into Black Lake Parking
 Onto the Black Lake Trail
 Stay on Trail (Follow Signs)

 City Police
 Spruce & Brumbach
 Spruce & First

 Fire Dept.
 Aid Station
 Black Lake Pavillion
 Williams @ NE
 corner of Black Lake

 Volunteer
 Flagger