



**September 29, 2007 – Darien, CT**

**Swim 0.5 mile**

Weed Beach, Long Island Sound  
Darien, CT

**Bike 15.0 miles**

Leave Weed Beach on Nearwater Lane  
Left onto Boston Post Road  
Right onto Hollow Tree Ridge Road  
Over Merritt Parkway into New Canaan  
Hollow Tree becomes Lapham Road  
Right onto Farm Road  
Right onto South Avenue  
Over Merritt Parkway  
Right onto Talmadge Hill Road  
Left onto Hollow Tree Ridge Road  
Left onto Post Road  
Right onto Nearwater back to Beach  
To Transition Area

**Run 5.0 miles**

Leave Weed Beach on Nearwater Lane  
Right onto Boston Post Road  
Right onto Rings End Road  
Right onto Harbor Road  
Right back onto Rings End Road  
Right onto Pear Tree Point Road  
Bear left on curve  
Left onto Long Neck Point Road  
Left onto Rings End Road  
Left onto Boston Post Road  
Left onto Nearwater Lane  
to Finish Line at the Beach