



October 2, 2010 – Darien/New Canaan, CT

Swim 0.5 mile

Weed Beach, Long Island South
Darien, CT

Bike 15.0 miles

Leave Weed Beach on Nearwater Lane
Left onto Boston Post Road
Right onto Hollow Tree Ridge Road
Right onto Talmadge Hill Road
Left onto South Ave.
Cross Merritt Pkwy into New Canaan
Left onto Farm Road
Left onto Rt. 106
Left onto Lapham Road
Straight onto Hollow Tree Ridge Road
Left onto Boston Post Road
Right onto Nearwater Lane
Right into Weed 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 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