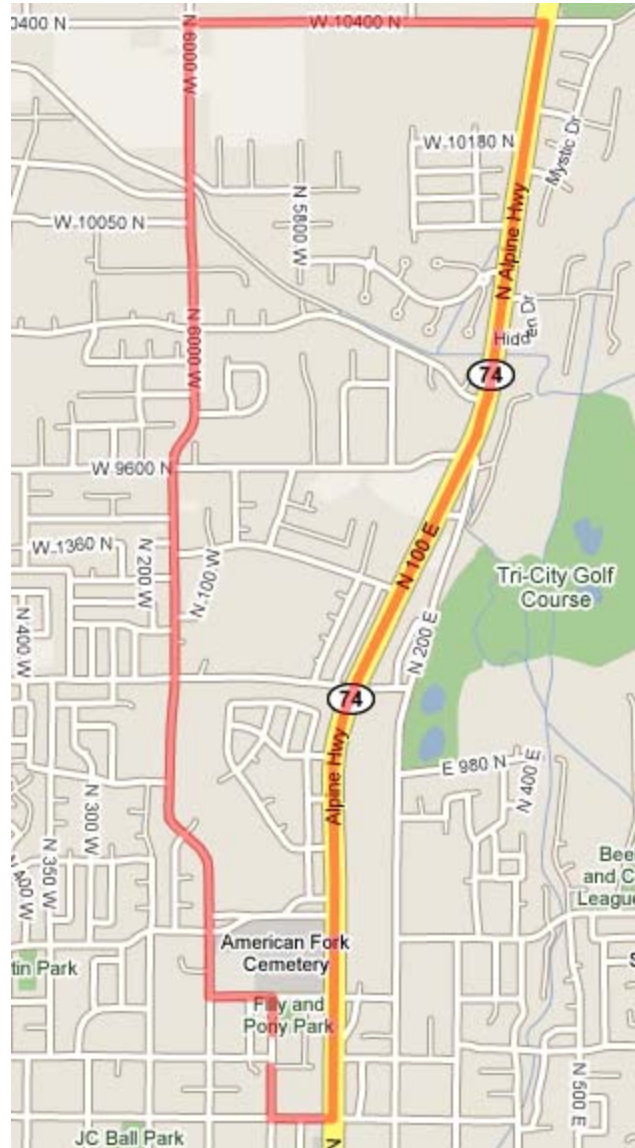




2009 Bike Course
2 loops
12.75 miles total



Turn-by-turn directions

1. Exit the transition area from the NW gate of the ball field located north of the American Fork Fitness Center (AFFC). Mount bike on road.
2. North on Center Street
3. Left on 600 North
4. Right on 100 West (Use caution! Slow down as you go down the hill and make the turn onto 100 West!)
5. Right on 10400 North (LDS Chapel on the SE corner)
6. Right on Alpine Highway at signal
7. Right at 400 North
8. Right at Center Street
9. Repeat #2-8 for second loop.

For an online map, go to
<http://www.gmap-pedometer.com/?r=2646648>



2009 Run Course
1 loop
3.05 miles



Turn-by-turn directions

1. Exit the transition area from the NW gate of the ball field located north of the American Fork Fitness Center (AFFC).
2. North on Center Street
3. Left on 600 North
4. Right on 100 West
5. Right on 1340 North
6. Right on Alpine Highway at signal
7. Right on 600 North
8. Left on 60 East (east side of field)
9. Enter ball field through SE opening in fence

For an online map, go to

<http://www.gmap-pedometer.com/?r=2646663>