

## Finger Lakes Triathlon Cue Sheet for Bike Course

### FLT Intermediate Bike Course

1 Leave Steamboat Landing and head east on Lakeshore Dr toward NY 5/20	1.0 mi
2 Turn right onto NY-5 E/US-20 E/Eastern Blvd Continue to follow NY-5 E/US-20 E	8.5 mi
3 Turn right onto Co Rd 5	2.5 mi
4 Turn right onto NY-245 S	1.6 mi
5 Turn right onto Little Church Rd	223 ft
6 Turn right onto Lehigh St	0.2 mi
7 Continue onto Mott Rd	1.0 mi
8 Continue straight onto Goose St/Tileyard Rd Continue to follow Tileyard Rd	1.3 mi
9 Turn right onto Kearney Rd	0.4 mi
10 Take the 1st left onto Depew Rd	3.4 mi
11 Turn right onto Co Rd 18/Lincoln Hill Rd Continue to follow Co Rd 18	2.8 mi
12 Turn right onto NY-364 N/E Lake Rd	0.2 mi
13 Take the 1st right onto Marvin Sands Dr	0.5 mi
14 Turn left to stay on Marvin Sands Dr	0.3 mi
15 Turn left onto Lakeshore Dr	0.9 mi
16 Turn left into Steamboat Landing to transition area	89 ft

### FLT Sprint Bike Course

1 Leave Steamboat Landing and head east on Lakeshore Dr toward NY 5/20	1.0 mi
2 Turn right onto NY-5 E/US-20 E/Eastern Blvd Continue to follow NY-5 E/US-20 E	3.8 mi
3 Turn right onto Co Rd 17	1.6 mi
4 Turn right onto Depew Rd	2.4 mi
5 Turn right onto Co Rd 18/Lincoln Hill Rd Continue to follow Co Rd 18	2.8 mi
6 Turn right onto NY-364 N/E Lake Rd	0.2 mi
7 Take the 1st right onto Marvin Sands Dr	0.5 mi
8 Turn left to stay on Marvin Sands Dr	0.3 mi
9 Turn left onto Lakeshore Dr	0.9 mi
10 Turn left into Steamboat Landing to transition area	89 ft



**SCORE THIS!!!**

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