

# TRY PUFF ALON '08

## COURSE DIRECTIONS

### **\*\*Updated for 2008-**

Due to bridge construction on East Leverett Rd, the bike course will be an out and back segment that follows Leverett Rd to the turn at Depot Rd, and return to the staging area at puffers via the same road (Amherst Rd). A volunteer will be directing traffic at Depot and Leverett Rds for cyclists safety.

## SWIM

The swim will begin on the west side of Puffers Pond and finish on the east side at the beach.

## BIKE

The bike segment will start at the staging area and follow state street east towards Bridge Street/ East Leverett Rd. Turn Left onto Bridge / East Leverett and quickly left again onto Leverett Road. Follow Leverett Road to Depot Road and turnaround (you'll see orange cones and a volunteer) and return along the same route.

## RUN

The 1.5 mile course will be the same as 2007 and will follow the trail across from Puffers Pond Beach. Follow the trail, marked with orange flagging tape, to Bridge Street where the trail exits near the train tracks. Carefully cross Bridge Street to Hypotenuse Way towards Cushman Market. Turn Left onto Pine street, left onto Henry Street, right onto Bridge Street and left onto State Street to return to the finish line where a cheering crowd will await you.