## Shelburne Buov **SPRINT TRIATHLON** Town Beach 500-yard swim / 15.8 mile bike / 5k run ----- = Swim (500 yds.) Meach Island $\rightarrow \rightarrow \rightarrow \rightarrow \rightarrow = Bike$ (15.8 mi.) Orchard $- \cdot - \cdot - \cdot - = Run$ (3.1 mi.) Rd. 3.1 Charlotte Beach Turn around here Miles & Recreation Area After 2nd loop Lake Rd. BIKE — 2 LOOPS LAKE/FERRY RD., loops here Racevermont.com Ferry Rd. Wings ... Point (