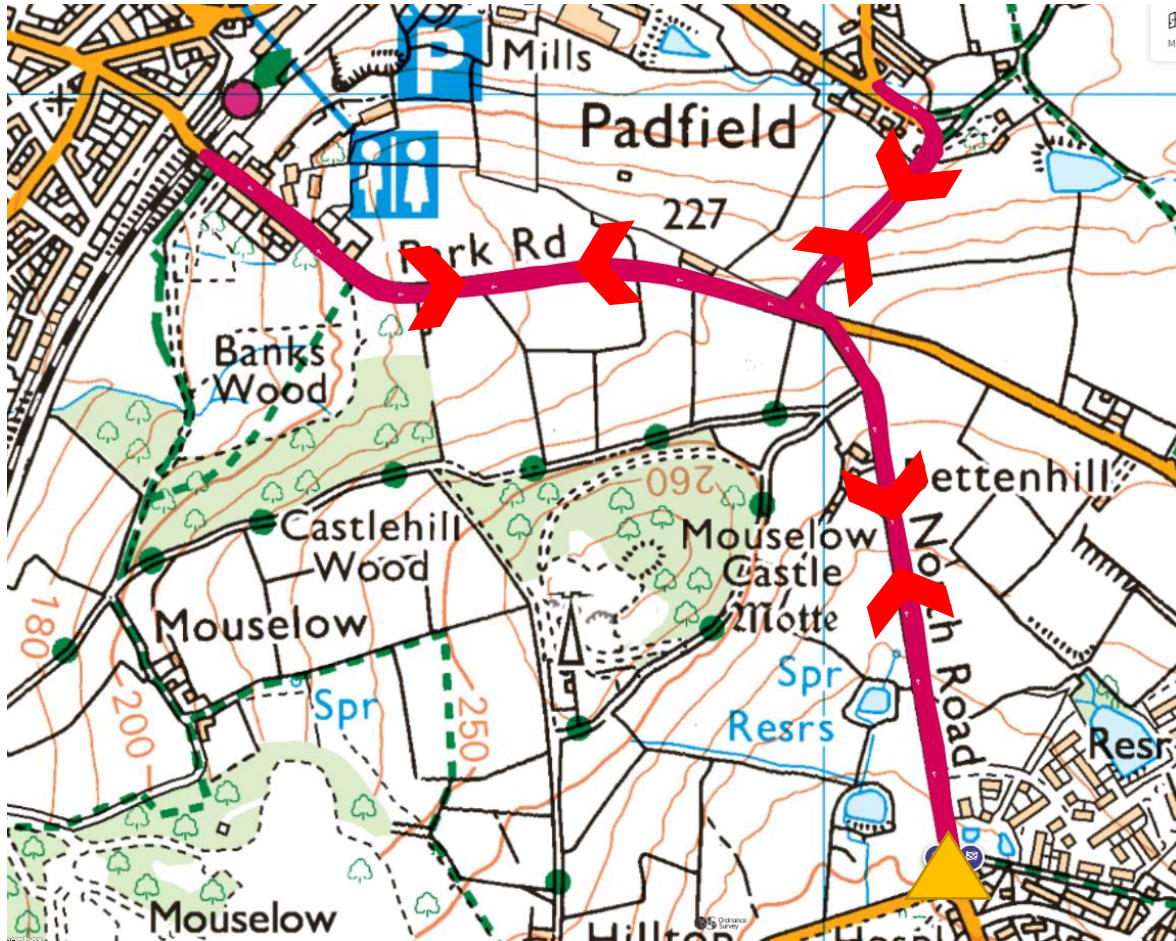


May 2023 – The Triple Trifecta



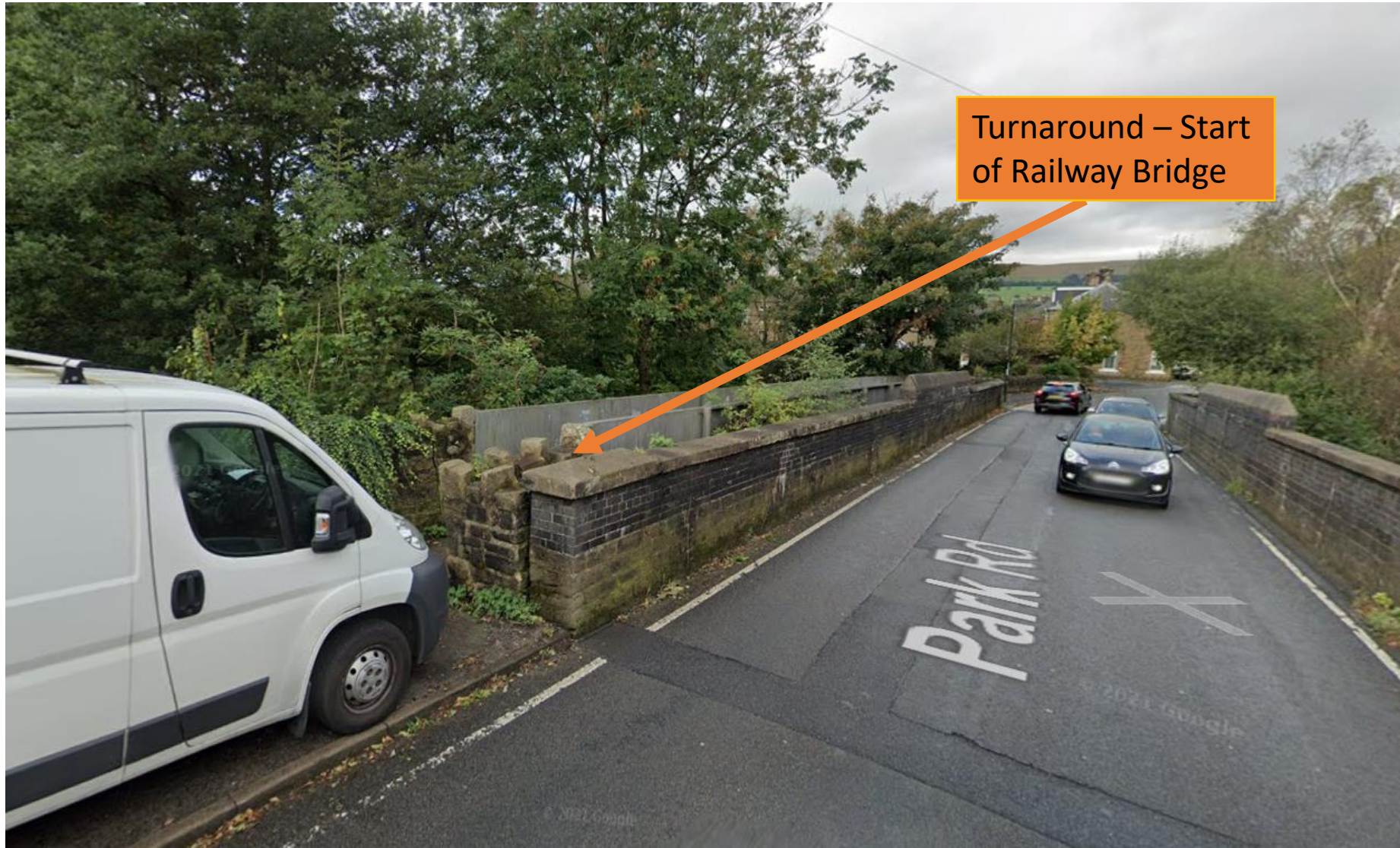
Discipline = Road
6 Miles x 1300 ft

Time Trial Only

Start at intersection of North Road and Park Crescent. Climb North Road, descend Park Road. Turnaround at Bridge, climb Park Road, descend Redgate. Turnaround at Temple Street, climb Redgate, descend North Road to start. Repeat 3 times in total.



- Note – To pick up Strava segment, always start slightly in advance, and finish slightly beyond indicated start/finish point.



- Note – Always go slightly beyond indicated turnaround point.



- Note – Always go slightly beyond indicated turnaround point.