BIKESWAY RULES OF ETIQUETTE

1. All users stay to the right to maintain two-way traffic.
2. Pass on the left—slow down and call out before passing.
3. Riding in a reckless manner is prohibited.
4. Move off the pavement when stopped.
5. Carry out what you carry in.
6. Remember, the path is shared by bikers, joggers, handicapped individuals, children, bird watches and others.

TRIATHLON AND DUATHLON Bike Course Map
10.42 miles – 1 lap

START ELEVATION
628 FT
MAX ELEVATION
704 FT
GAIN
452 FT
CLIMBS ON ROUTE

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QUIDEL 5K
Run Course Map
3.1 miles – 1 lap
3.45 miles – 1 lap (tri/du run)