

The “**Connections**” **Duathlon** starts at the SUNY Fredonia Business Technology Incubator at 214 Central Ave. in Dunkirk, NY.

Biking Route:

Start on Central Avenue in front of the Business Technology Incubator (Dunkirk). Follow Central Ave. from Downtown Dunkirk into Fredonia. (3 miles). {Going away from the waterfront.}

Central Ave. will dead-end into Temple Street. Turn left onto Temple Street. Temple becomes Water Street beyond Main Street in Downtown Fredonia. Continue on Water Street to Webster Road. (2 miles)

Turn right on Webster Road to Chautauqua St. (2 miles)

Turn right on Chautauqua St. Just before Rte 20 (Main Street) turn right onto Houghton. Houghton will dead end into Seymour St. (1.25 miles)

Turn left on Seymour Street, which becomes Chestnut Street after the light. Continue on Chestnut to Willow. (2.5 miles)

Turn right onto Willow and take it to Brigham Road. (2.25 miles)

Turn right on Lakeshore Drive. End at Memorial Park transition area. (1500 feet or so).

Transition Area:

Memorial Park.

Running Route:

The run will follow the paved path around the park. Starting on the front end of the park, follow the paved path around to the backside of the park (closest to the waterfront) exiting onto Woodrow Avenue.

Take Woodrow Avenue to Lakeshore Dr. (Half of this road will be shut down during the race.)

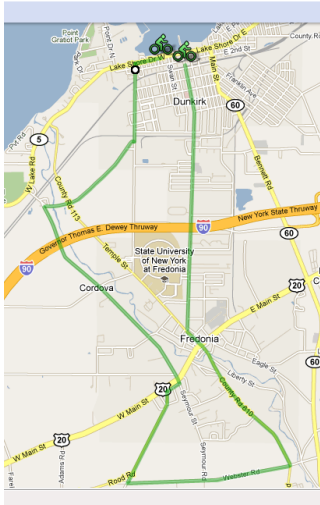
Follow Lakeshore to Point Drive.

Turn right onto Point drive and follow this road around Point Gratiot back to Lakeshore Ave.

Follow Lakeshore back to Memorial Park.

Bike Route Map:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=107867184482582708259.00048300f95ae7aea9285&ll=42.452088,-79.33897&spn=0.075489,0.208569&z=13>



Running Route Map:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=107867184482582708259.000482cf1a54fdffdcf8&ll=42.488476,-79.346952&spn=0.009431,0.026071&z=16>

