



Starting line	—		Swimming	
Turning point	•		Cycling	
Finnish line	—		Running	
Sports drink				



Check out the Cycling Course at Google Street View especially the Heads Up ① - ⑦

- ④ Narrow passage at pedestrian crossing! Cycle path between the road and the pavement may be used to avoid other competitors
- ⑤ Intersection with crossing traffic directed by military police
- ⑥ Wheel stop
- ⑦ Turning point where the road gets wider at the bus stop

- ① Paving stone at turning point
- ② The Cycling Course will be free of traffic and parked cars (except ③ & ⑤)
- ③ Roundabout with crossing traffic directed by military police