

TCR Event Management presents:

Pocomoke Triathlon Bike Course

Riders will start from the Lower Shore Family YMCA, located in Pocomoke City, Maryland.

- Riders will begin in the parking lot of the Elks Club, adjacent to the YMCA
- Right turn on to large shoulder of 113
- Right turn on to Lambertson Road
- Straight across Stockton Road (366) on to Holly Swamp Road *
- Slight right on to Jones Road
- Right turn on to Sheephouse Road *
- Right turn to Buck Harbor Road *
- Straight over over Stockton Road (366) to Groton Road *
- Right turn on to 113 and back to Elks Club entrance

Total Mileage 14.25 miles

(*) designates law enforcement/fire police there to assist in safely crossing

