

Rochester's River Challenge Duathlon/Paddle Triathlon Bike Course

(20 Miles)

The event is a 5K Run in Genesee Valley Park, followed by a 20 Mile Bike, then either a 5K Run (in the park) or Canoe/Paddle in the River/Canal

Home Base: Genesee Valley Waterways

Transition will be here and the finish line is on the grass between the Ice Rink and Waterways

Saturday, April 24th – Start Time: (7:30AM)

Mile	Directions
<i>Note: Mile Marks are approximate</i>	
START	At Transition in the Genesee Valley Waterways Parking Lot
	Left on Elmwood
	Right on Moore Rd
	Left at T at end of Moore Rd
	Follow this and exit at East River Rd
	Right on East River Rd
	Cross Jefferson Rd
	Right on Erie Station Road
	Turns into Scottsville/W. Henrietta Rd
	Right on Scottsville Rd
	Right on Elmwood Avenue
FINISH	At Transition in the Genesee Valley Waterways Parking Lot