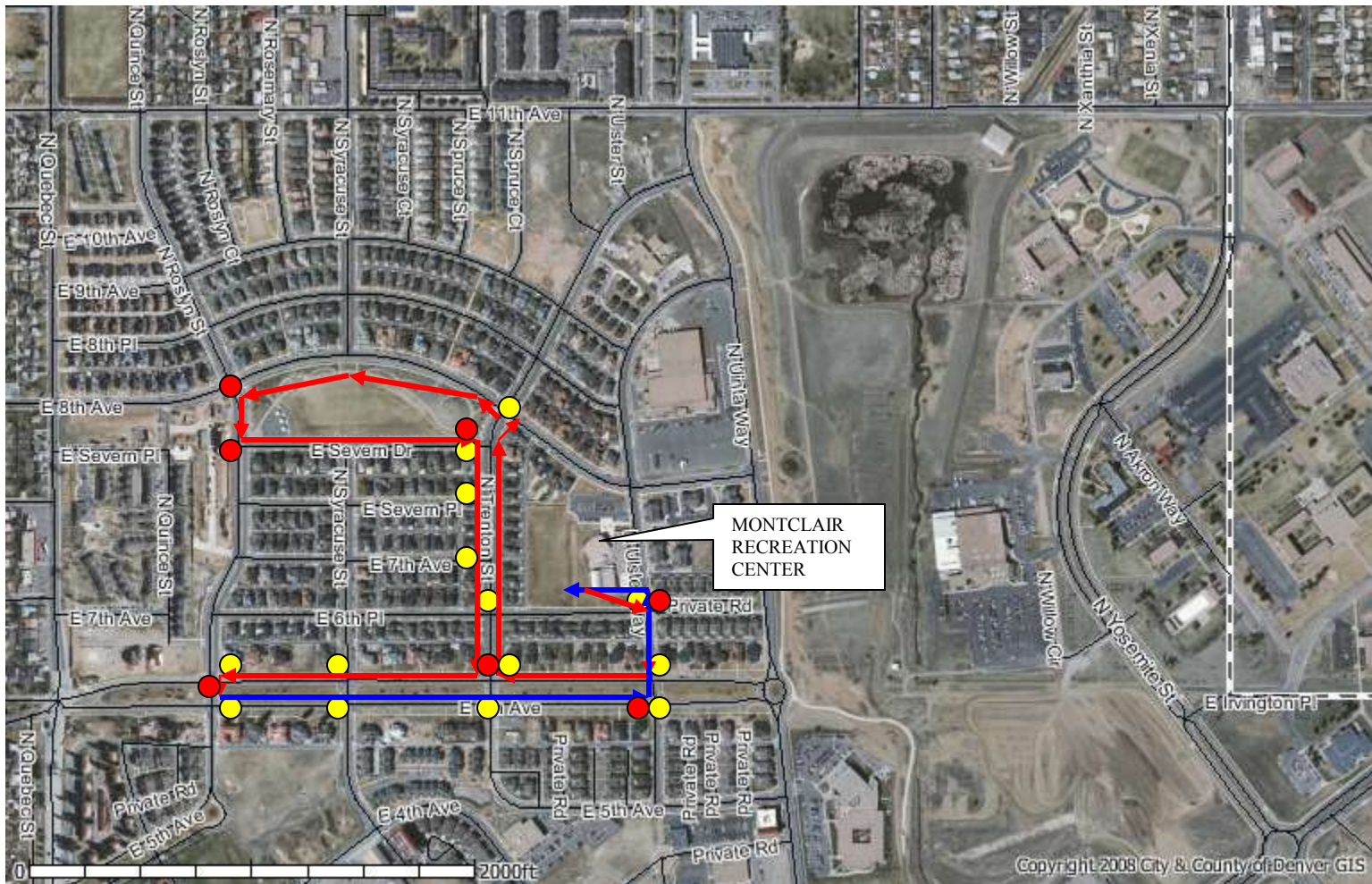


# Tri 4 Me TRIATHLON SATURDAY, MAY 2, 2009

**ROLL CALL IS AT MONTCLAIR RECREATION CENTER (729 ULSTER ST.)  
AT 8:30 A.M.**

**RUNNING COURSE OFFICER POSITIONS**

**1 LAP**



RUN WILL START AT THE MONTCLAIR RECREATION CENTER AT 729 ULSTER ST. IT WILL GO SOUTH ON ULSTER ST. MAKE THE RIGHT ONTO 6<sup>TH</sup> AVE. 6<sup>TH</sup> AVE. WEST TO TRENTON ST. NORTH ON TRENTON ST. TO 8<sup>TH</sup> AVE. WEST INTO AND AROUND THE PARK COMING BACK OUT TO TRENTON ST. SOUTH ON TRENTON ST. TO 6<sup>TH</sup> AVE. WEST ON 6<sup>TH</sup> AVE. TO ROSLYN ST. RUN WILL CROSS 6<sup>TH</sup> AVE. TO THE SOUTHSIDE EAST ON 6<sup>TH</sup> AVE. TO ULSTER WAY. NORTH ON ULSTER WAY BACK TO THE RECREATION CENTER.

**RED: OUT ROUTE    BLUE: RETURN ROUTE**

**● OFFICER LOCATIONS**

**● VOLUNTEER / COURSE MARSHAL POSITIONS**

