

2009 Half-Triathlon Ride (Killingworth Circle Version)

NOTE: This Ride Description and its corresponding Route Sheet may not have been checked for accuracy by the www.ctbikeroutes.org team

Total Distance: **56.1 miles**

Elevation Gain: **2806 feet**

Degree of Difficulty Index: **2806 ft / 56.1 mi = 50.02 ft/mi** Terrain: **Rolling to hilly**

Killer Hills: **The 4.1 mile (+/-) stretch between the North Madison and Killingworth traffic circles has several hilly sections...with severe hills in both directions. The rest of the ride route is over basically flat terrain with a few rolling hilly sections.**

Geographical Region: **South Central Connecticut**

Starting Location (city/town): **Madison**

Starting Location (detailed directions to): **West Beach Parking lot in Hammonasset State Park in Madison; use I-95 Exit 62 and go south on the Hammonasset Connector to the TL; cross Rt. 1 @ the TL onto the access road into the park (there is a parking fee during the late spring, summer and early fall); continue past the toll booths to the rotary and follow signs to West Beach.**

Ride Description: **This is one of several routes that were developed for (possible) use during a (potential) 2009 Half Triathlon starting from Hammonasset SP. The event sponsor particularly desired that a route be developed that has lengthy stretches of relatively flat road and wide shoulders that would enable the competitors to settle into a rhythm, allow for selective passing and has few turns. This route makes extensive use of smooth surfaced state roads with few traffic controls (TL's & SS's) but it does require the negotiation of several traffic circles including a complete circumnavigation (so as to reverse direction) of the Killingworth Circle at the intersection of Rtes. 80 & 81 (mile cue 13.0). The ride route has little redeeming scenic value but is excellent for those who might desire to ride a fast paced 56-miler. Automobile traffic is apt to be heavy in certain areas...be forewarned.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Hammonasset State Park – West Beach area</i>
8.8	<i>North Madison traffic circle</i>
13.0	<i>Killingworth traffic circle (complete circumnavigation so as to reverse direction)</i>
17.1	<i>North Madison traffic circle</i>
25.0	<i>North Branford business district</i>
30.8	<i>Northford business district</i>
38.9	<i>Approaching outskirts of Durham</i>
47.2	<i>North Madison traffic circle</i>
56.1	<i>Hammonasset State Park – West Beach area</i>

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Ride description: Wu-New173

Route sheet: RS-New173

Ride submitted by: Chris DiPalermo/DPS, 1/3/09 (updated 1/29/09)