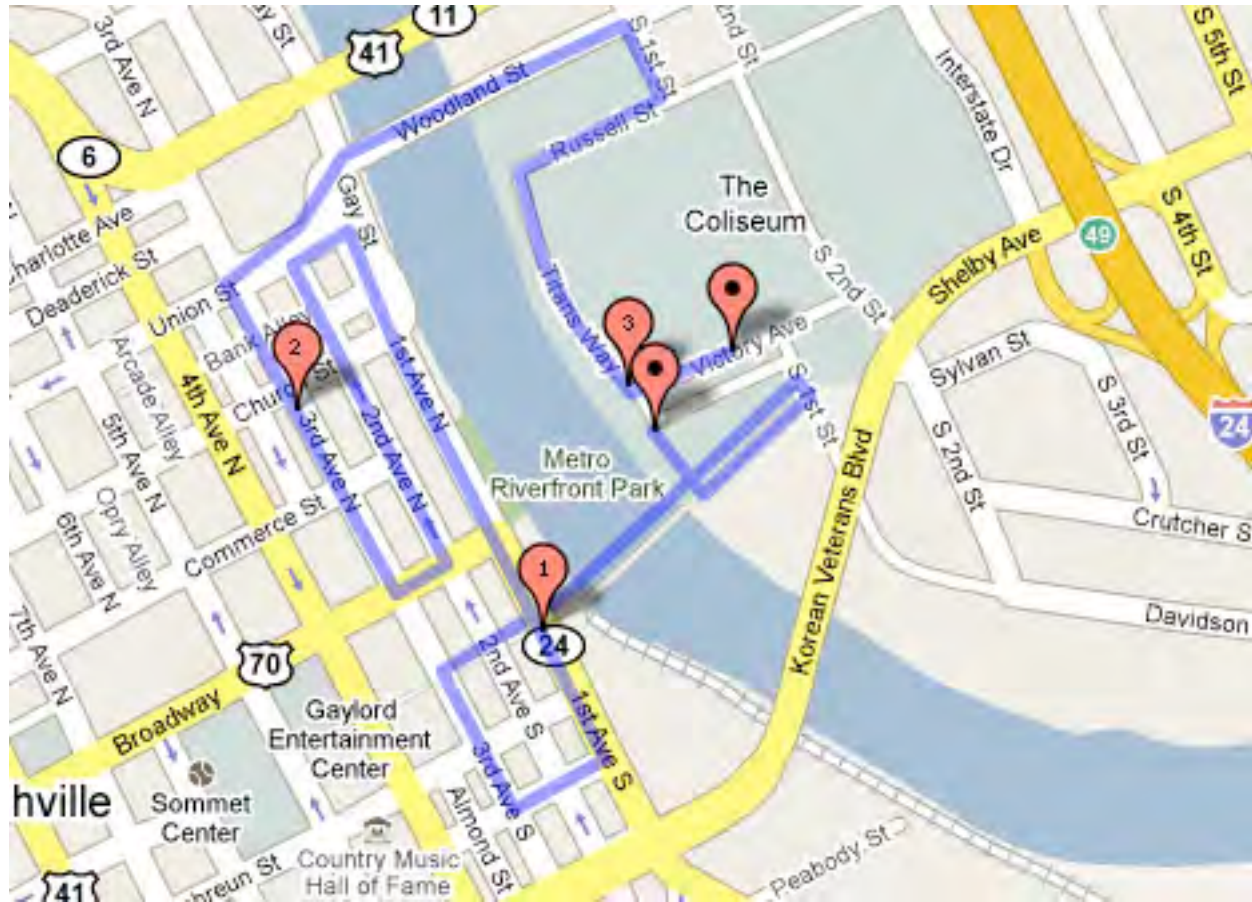


MUSIC CITY TRIATHLON: DOWNTOWN RUN COURSE OVERVIEW

Course Distance = 5k total

Race Distance for Short Course is 5k; Race Distance for Intermediate Course is 10k (two loops of 5k)



Detailed Description:

(The run is the final discipline of the triathlon. Racers will complete a swim and bike then complete the race finishing with the run course)

1. Runners leave LOT R of LP Field under Shelby Street Pedestrian Bridge and enter the pedestrian bridge from the North Side of LOT R.
2. Proceed across the Shelby Street Pedestrian Bridge
3. Bridge ends on 3rd Ave South
4. Left on 3rd Ave South
5. Left on Malloy
6. Left on 1st Ave South
7. Left on Union Street (staying hard left)
8. Left on 2nd Ave North
9. Right on Broadway
10. Right on 3rd Ave North
11. Right on Union Street
12. Proceed across Woodland Street Bridge
13. Right on South 1st Street
14. Right on Russell Street
15. Left on Titan's Way
16. For short course finish and long course finish, runners will turn left onto Victory Ave or road adjacent to Lot R for main race finish line
17. For long course, runners will be directed along river side of bike staging area and back onto the Shelby Pedestrian Bridge to complete a 2nd loop, then upon return from 2nd loop, turn left to race finish as described above.