

# Old Hickory Lake Triathlon Course Description

## Swim Area (400 yards):

- From boat ramp entrance at the bottom of hill from Caudill Drive
- Swim is basically out-and-back in an inlet of Old Hickory Lake
- Very Calm
- Interval start swim, with a participant starting every 3 – 5 seconds

## 1<sup>st</sup> Run: (1.5 miles):

- Point-to-Point run from swim area to bike transition area
- Small hill at start of run and to transition, mostly flat for balance of run
- Leave lake area, turn left on Bluegrass Circle
- Turn right on Bluegrass Drive
- Turn right between 1<sup>st</sup> Baptist Church and YMCA on Music Village Blvd. to parking lot behind Holiday Inn

## Transition #2:

- Enter transition on the end closest to the Holiday Inn, find your bike on your designated bike rack
- Exit the transition area on your bike on UPPER end of the parking lot, nearest the Holiday Inn

## Bike (out-and-back course) 12.5 miles total:

- Leave transition area on Music Village Boulevard to Bluegrass Commons Drive
- Right on Bluegrass Commons Drive
- Right on Gallatin Road – Hwy 31E
- Right on Douglas Bend
- Right on Cages Bend
- Left on Shute Lane
- Straight onto Shoreside from Shute Lane
- Left on Shute Lane from Shoreside
- Left on Devonshire into Riverchase neighborhood – becomes Riverchase then Caudill
- Left from Caudill across Trinity Broadcast parking lot to LEFT on Music Village Blvd back to transition
- NOTE: there are 2 speed bumps on Music Village Drive – slow down here as you return

## Transition #3:

- Enter transition on your bike at the LOWER end of the parking lot, away from Holiday Inn and return your bike to your designated bike rack
- Exit the transition area where you returned on the bike and go RIGHT on Music Village Boulevard for your final run

## 2<sup>nd</sup> Run: (1.5 miles) (different from 2006!!!)

- Out-and-Back Course
- Leave Transition Area to the right on Music Village Blvd, the road between the YMCA and 1<sup>st</sup> Baptist
- Go between YMCA and 1<sup>st</sup> Baptist
- Left on Bluegrass Drive
- Turnaround just past Secretariat Drive
- Right back onto Music Village Drive
- Straight across Bluegrass Commons to finish on Music Village Drive

## Water Stations:

1. Leaving Swim Area
2. On Bluegrass Drive between 0.75 and mile 1.
3. At run in and out at Transition #2