

CEDARS OF LEBANON TRIATHLON



Run Course Map & Description

Run Course
 Out-and-Back Course

Turn Hard Left at 0.8 Miles

Proceed to Turnaround

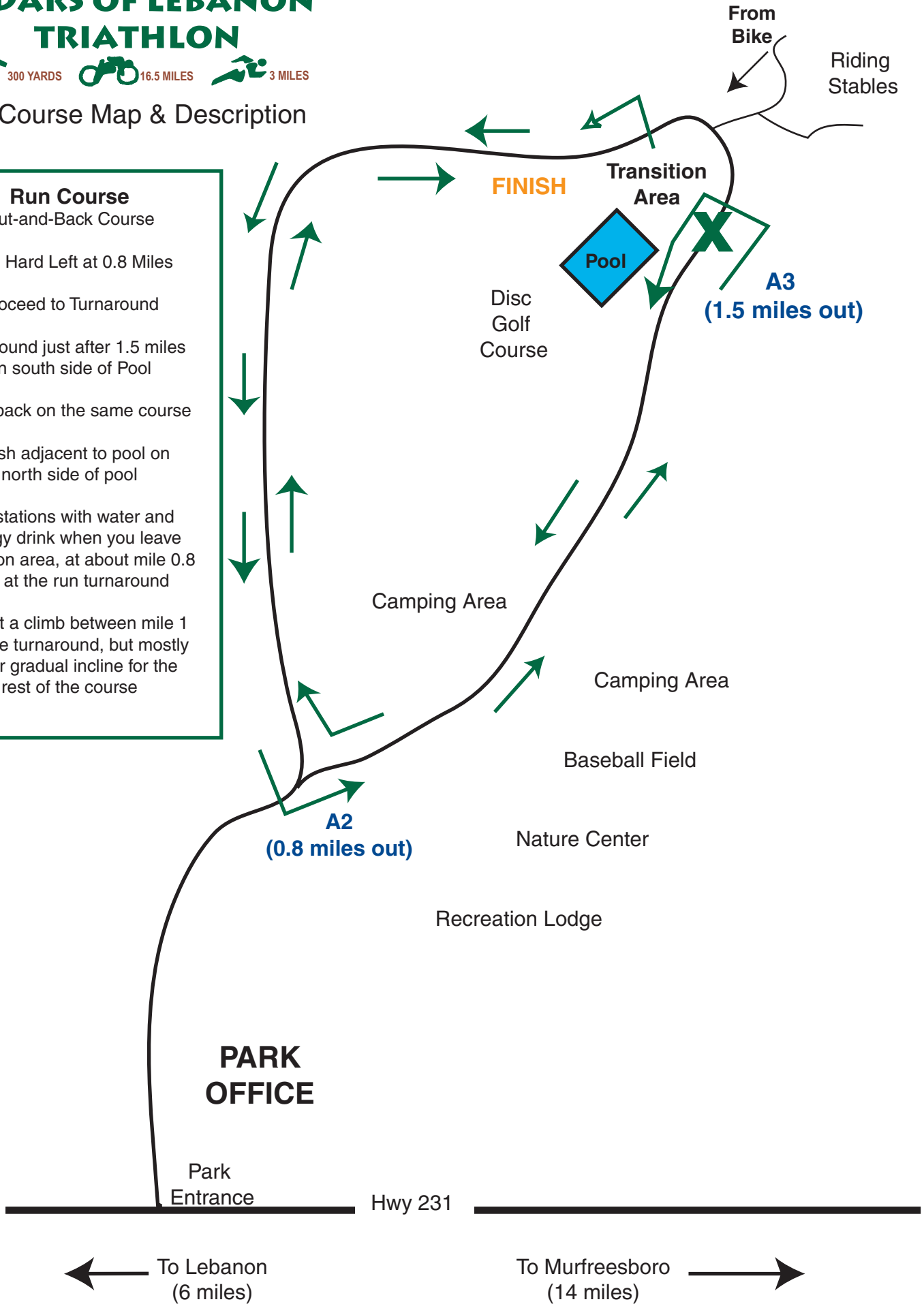
Turnaround just after 1.5 miles on south side of Pool

Head back on the same course

Finish adjacent to pool on north side of pool

Aid stations with water and energy drink when you leave transition area, at about mile 0.8 and at the run turnaround

Expect a climb between mile 1 and the turnaround, but mostly flat or gradual incline for the rest of the course



From Bike
 Riding Stables

FINISH

Transition Area

Pool

Disc Golf Course

A3
 (1.5 miles out)

Camping Area

Camping Area

Baseball Field

A2
 (0.8 miles out)

Nature Center

Recreation Lodge

PARK OFFICE

Park Entrance

Hwy 231

← To Lebanon
 (6 miles)

To Murfreesboro
 (14 miles) →