



## MUSIC CITY TRIATHLON: BIKE COURSE ROUTING

- Event Date:** Sunday, July 25, 2010
- Main Staging:** LOT R of LP Field / Titan's Stadium
- Distance:** 20k loop out and back on Ellington Parkway  
*Intermediate Course completes 2 loops for a total of 40k*

### ROUTE DESCRIPTION:

- Leave the LP Field area on South 2<sup>nd</sup> Street to Russell Street
- Right onto Russell Street to Interstate Drive
- Left onto Interstate Drive
- Right on Main Street to on-ramp that curves onto Ellington Parkway
- Continue on Ellington Parkway to point where Ellington becomes 2 lanes (Briarville Road)
- Turnaround then back on Ellington to downtown exit for James Robertson Parkway
- Right Onto Main Street/James Robertson Parkway to Interstate Drive
- Left on Interstate Drive to Russell Street
- Right on Russell Street to South 2<sup>nd</sup> Street
- Left onto South 2<sup>nd</sup> Street back to LOT R / Transition Area

### Intermediate Course – 2 loops of above course for a total of 40k

For the intermediate course, complete 2 loops of the indicated course. A bike turnaround point will be on 2<sup>nd</sup> Street before arriving back at Lot R.

**Bike Detail From Lot R at LP Field Onto Ellington Parkway**

**Bike Detail From Ellington Parkway back to LP Field Lot R**

