



## 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: Short Course – 20k**

1. Leave the LP Field area on South 2<sup>nd</sup> Street to Russell Street
2. Right onto Russell Street to Interstate Drive
3. Left onto Interstate Drive
4. Right on Main Street to on-ramp that curves off right, under Main then onto Ellington Parkway
5. Continue on Ellington Parkway to point where Ellington becomes 2 lanes (Briarville Road)
6. Turnaround then back on Ellington to downtown exit for James Robertson Parkway
7. Merge Onto Main Street/James Robertson Parkway
8. Take slight right off onto access road that runs adjacent to Main Street / James Robertson Pkwy
9. Left on South 1<sup>st</sup> Street
10. Left on Russell after crossing Woodland
11. Right on South 2<sup>nd</sup> Street back to Victory Avenue

### **Intermediate Course – 2 loops of above course for a total of 40k (actual just under 40K)**

1. For the intermediate course, complete 2 loops of the Ellington Parkway Segment of the Course
2. For the 2<sup>nd</sup> Loop, Intermediate racers will continue straight on Russell back to Interstate Drive
3. Left on Interstate Drive to complete a 2<sup>nd</sup> Loop on Ellington Parkway
4. 2<sup>nd</sup> Loop of Intermediate Course follows same route as listed above for the Short Course Loop after exiting Ellington Parkway

### **Note About Runners and Bikers at Woodland, 1<sup>st</sup> Street and Russell:**

- Cones and officials will be in place to keep runners coming from downtown across Woodland Street Bridge Separated from bikers coming across Woodland on 1<sup>st</sup> Street to Russell. At Russell, runners will turn right toward Titans Way and Bikers will turn left toward S. 2<sup>nd</sup> Street

MCT Bike Course: LP Field to Ellington Parkway



MCT Bike Course: Ellington Pkwy to LP Field



Music City Bike Course: 2nd Loop Detail for Intermediate Course

