

# BRETT ROBINSON ALABAMA COASTAL TRIATHLON BIKE COURSE: 40K INTERMEDIATE & 20K TRI-IT-ON



- Bikes exit W. Gulf Place from the bike transition area (main staging area) on W. Beach Blvd, going west (LEFT)
- Proceed west on W. Beach Blvd. to turnaround just before the road ends at 6.2 miles
- **Tri-It-On** participants do **one out and back loop** only while **Intermediate distance** participants will do **two loops**
- When Intermediate bikes return from the 1st out and back loop, they will complete a turnaround between W. 1st Street & the Transition Bike Exit, then do the same out and back loop one more time
- As bikes return to the transition area (main staging area) they will turn RIGHT at W. 1st Street from W. Beach Blvd to finish their bike ride, returning their bikes to their assigned bike rack before beginning their run segment

