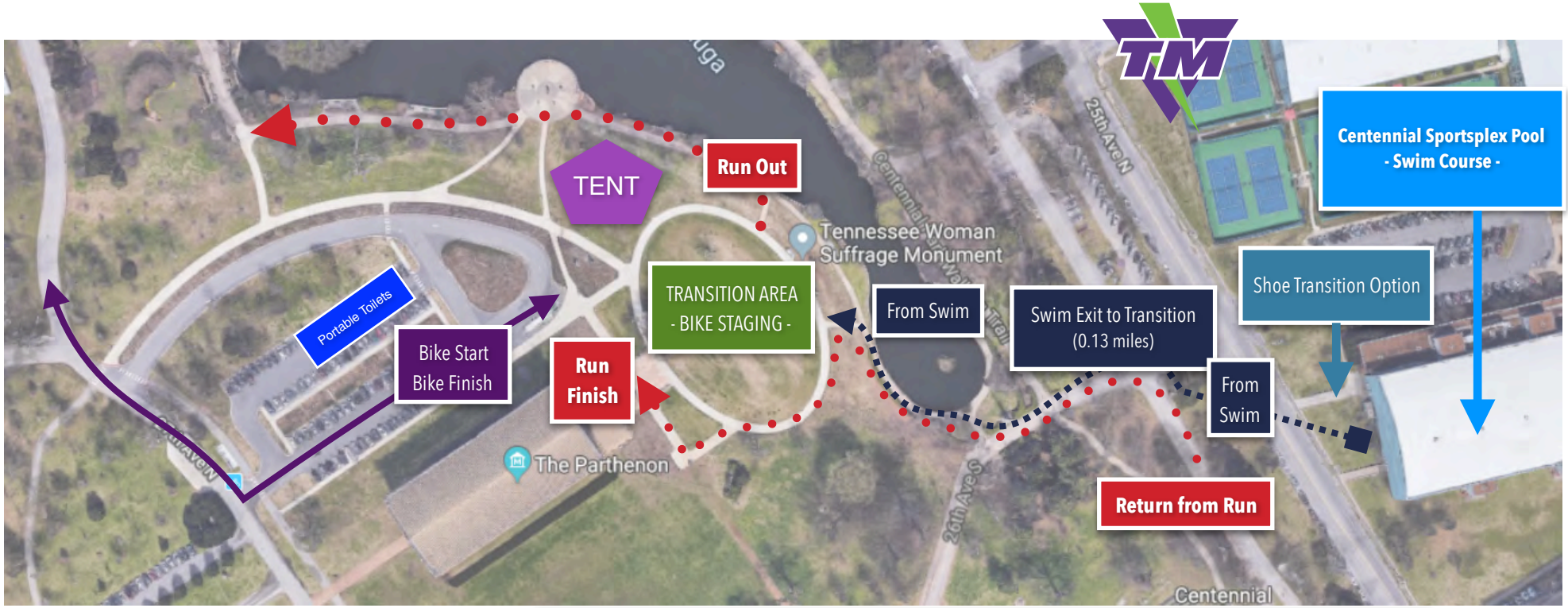
Tri Nashville Triathlon: Centennial Park & Sportsplex

Transition Area Flow



- **Exit Centennial Sportsplex Pool onto 25th Avenue N**
- **Optional Shoe Transition Area at Swim Exit**
- **Right on 25th Avenue N**
- **LEFT turn into Centennial Park**
- **Proceed beyond Lake Watauga to the Centennial Park Ellipse**
- **Bikes are staged on bike racks by assigned racer number**
- **Walk/Jog bike from bike rack to exit through The Parthenon Parking Lot**
- **Mount bike, then proceed through parking lot to 27th Ave North**
- **RIGHT on 27th Avenue North for bike course - staying to left of the cones**
- **On return from the bike course, stay left of the cones and enter drive adjacent to The Parthenon Parking Lot**
- **Dismount your bike at the end of the drive and walk/jog your bike back to The Ellipse / Bike Transition Area**
- **Return your bike to the same bike rack location**
- **Exit for run course Northeast around Lake Watauga**
- **Race Finish at east entrance to The Parthenon**