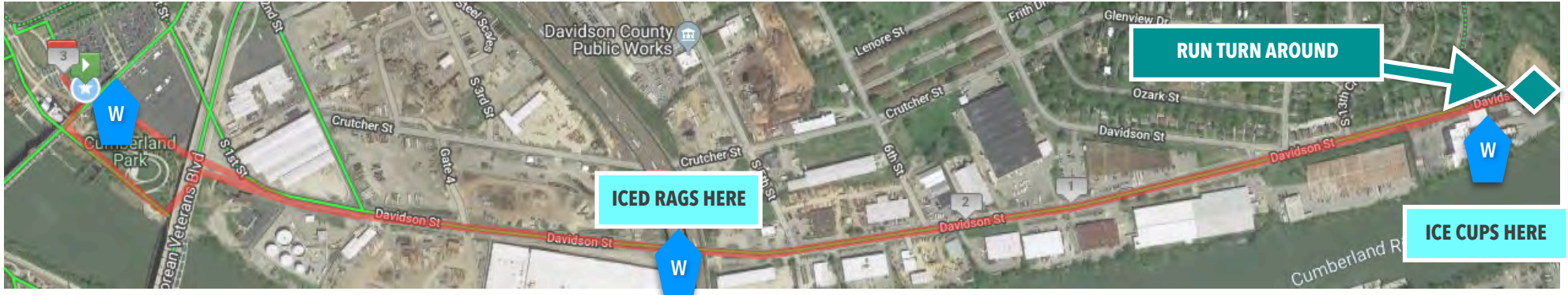


MUSIC CITY TRIATHLON RUN COURSE: Sprint 5k | Olympic 10k



Run Course Description:

(Sprint 1 loop / Olympic 2 loops)

- Leave SW corner of Lot R / Transition Area and run under Shelby Bridge
- Follow sidewalk to parking lot under Korean Veterans Bridge
- Run east though parking lot under Korean Veterans Bridge

- Right turn onto S. 1st Street
- Continue onto Davidson Street
- Turn around on Davidson at 1.55 mi, before entering Shelby Park
- BOTH distance races return back to the race site where they exited onto S. 1st Street, but on return continue to the RIVER SIDE of Cumberland Park
- OLYMPIC runners stay RIGHT and continue onto a 2nd loop on the route where they started the 1st loop
- When back under the Shelby Bridge, runners going to the finish veer left to the finish line, located on the drive between the RACE TRANSITION AREA & EAST BANK LANDING / main site for race activities

ARE THERE ANY HILLS? Zero Hills - Totally flat course



Water & Powerade: Run Start, 0.75 mi, 1.5 mi, 2.25 mi, 3 mi, 3.75 mi, 4.5 mi, 5.25 mi
ICE CUPS: Turn Around at Mile 1.5/4.5; ICED RAGS at race finish line & 1st/Last Station

