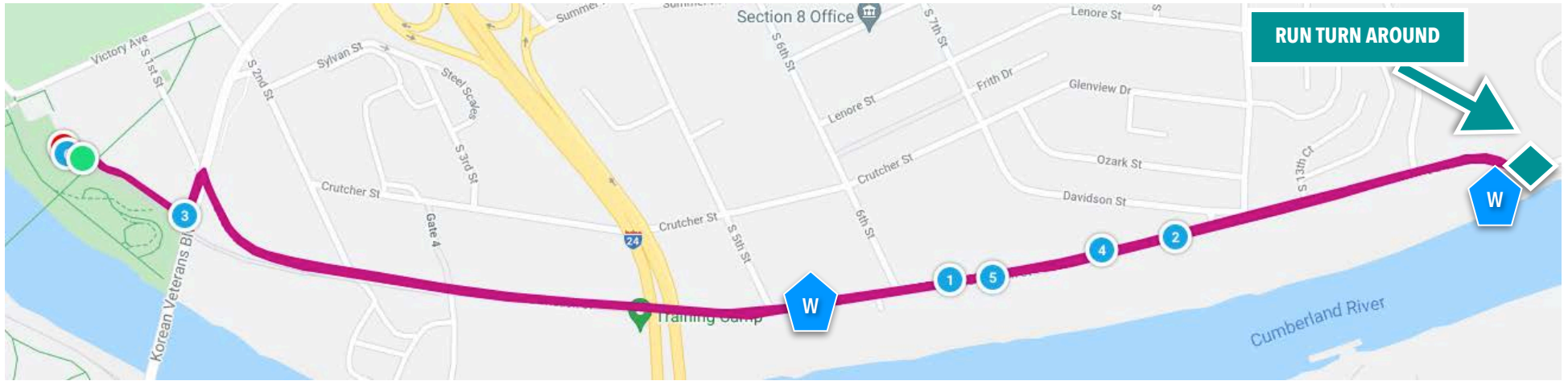


MUSIC CITY TRIATHLON RUN COURSE: Sprint 5k | Olympic 6 miles



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 through 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, under the Korean Veterans Bridge
- OLYMPIC runners complete a turn around under the Korean Veterans Bridge to complete a 2nd loop of the same course.
- SPRINT racers and OLYMPIC 2nd lap finishers proceed back toward transition, staying to the left, and curving into the finish chute between the transition area and East bank Landing.



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 TOWELS** at race finish line

