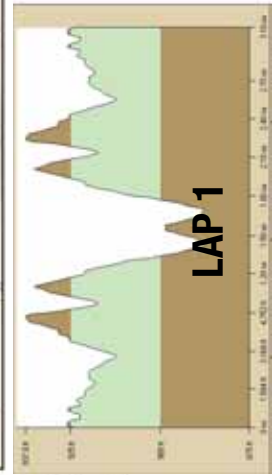


MIDWEST MELTDOWN DUATHLON RUN #2 MAP



LONG COURSE TRIATHLON: SWIM: 1.5 KM • BIKE: 20.20 MILES (4 LAPS) • RUN: 5.05 MILES (1 LAP)
LONG COURSE RELAY TRIATHLON: SWIM: 1.5 KM • BIKE: 20.20 MILES (4 LAPS) • RUN: 5.05 MILES (1 LAP)
SHORT COURSE TRIATHLON: SWIM: .75 KM • BIKE: 10.10 MILES (2 LAPS) • RUN: 5K
SHORT COURSE RELAY TRIATHLON: SWIM: .75 KM • BIKE: 10.10 MILES (2 LAPS) • RUN: 5K
SHORT COURSE DUATHLON: RUN #1: 1 MILE • BIKE: 10.10 MILES (2 LAPS) • RUN #2: 5K
WWW.MIDWESTMELTDOWNTRIATHLON.COM
COURSES SUBJECT TO CHANGE WITHOUT NOTICE

