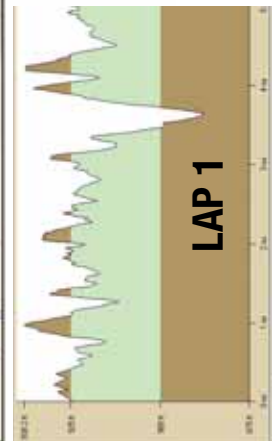
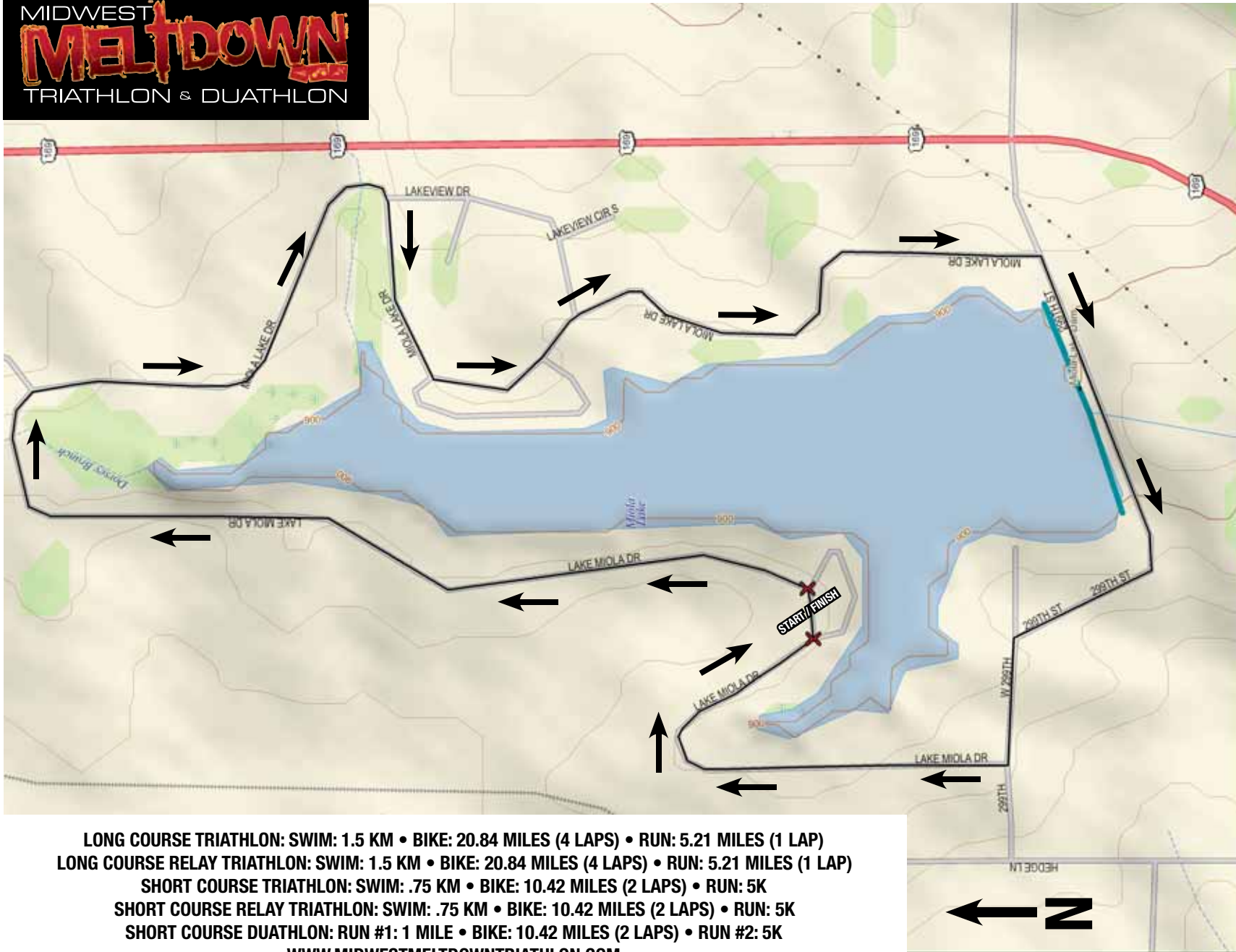


# MIDWEST MELTDOWN LONG COURSE RUN MAP



LONG COURSE TRIATHLON: SWIM: 1.5 KM • BIKE: 20.84 MILES (4 LAPS) • RUN: 5.21 MILES (1 LAP)  
 LONG COURSE RELAY TRIATHLON: SWIM: 1.5 KM • BIKE: 20.84 MILES (4 LAPS) • RUN: 5.21 MILES (1 LAP)  
 SHORT COURSE TRIATHLON: SWIM: .75 KM • BIKE: 10.42 MILES (2 LAPS) • RUN: 5K  
 SHORT COURSE RELAY TRIATHLON: SWIM: .75 KM • BIKE: 10.42 MILES (2 LAPS) • RUN: 5K  
 SHORT COURSE DUATHLON: RUN #1: 1 MILE • BIKE: 10.42 MILES (2 LAPS) • RUN #2: 5K

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 COURSES SUBJECT TO CHANGE WITHOUT NOTICE