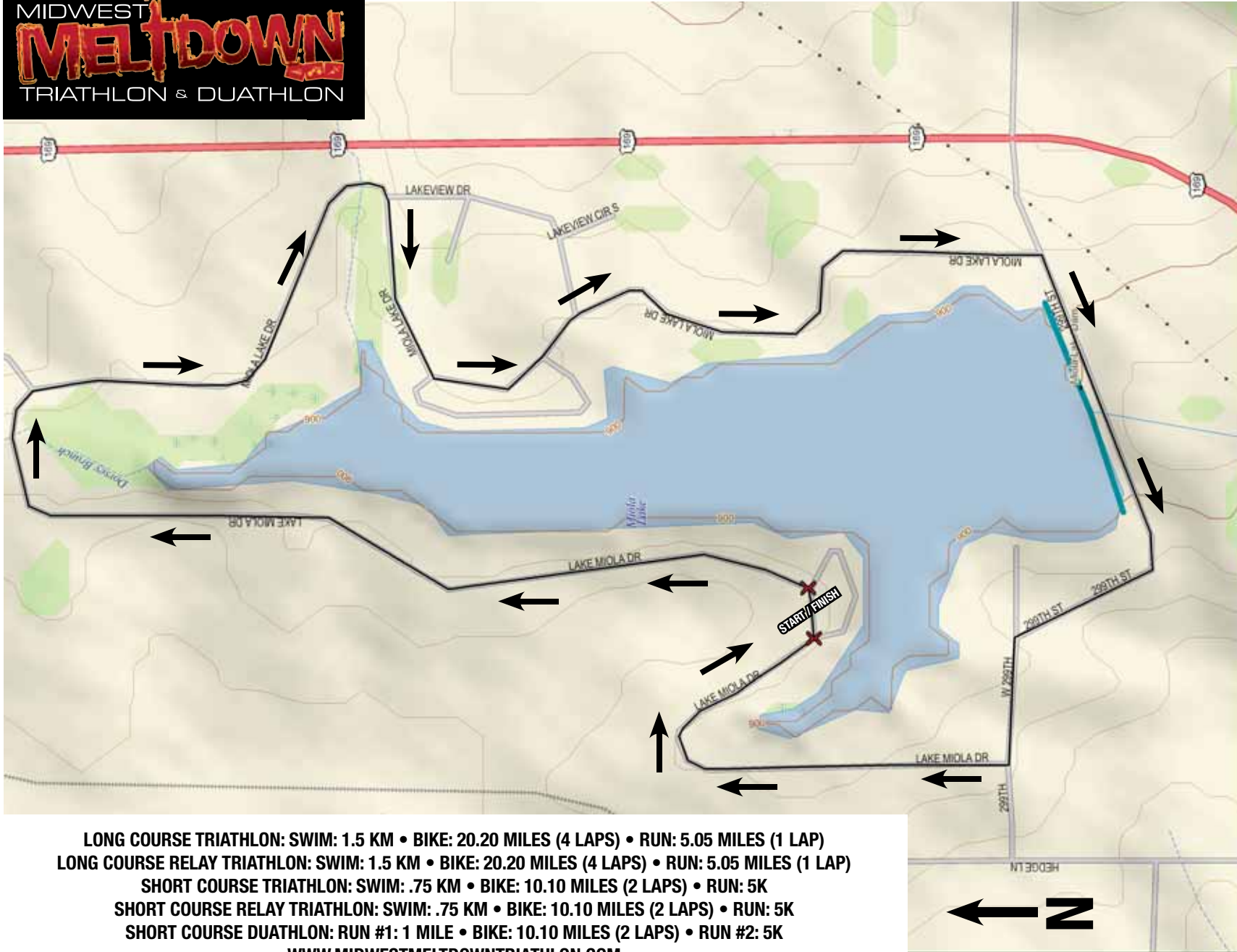


MIDWEST MELTDOWN SHORT COURSE BIKE MAP



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

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 COURSES SUBJECT TO CHANGE WITHOUT NOTICE