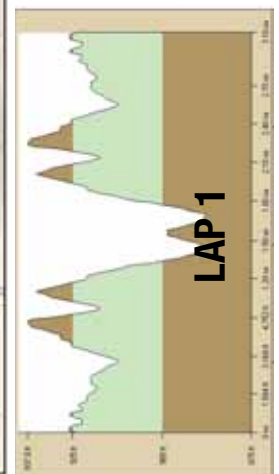


# MIDWEST MELTDOWN SHORT COURSE RUN MAP



- 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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