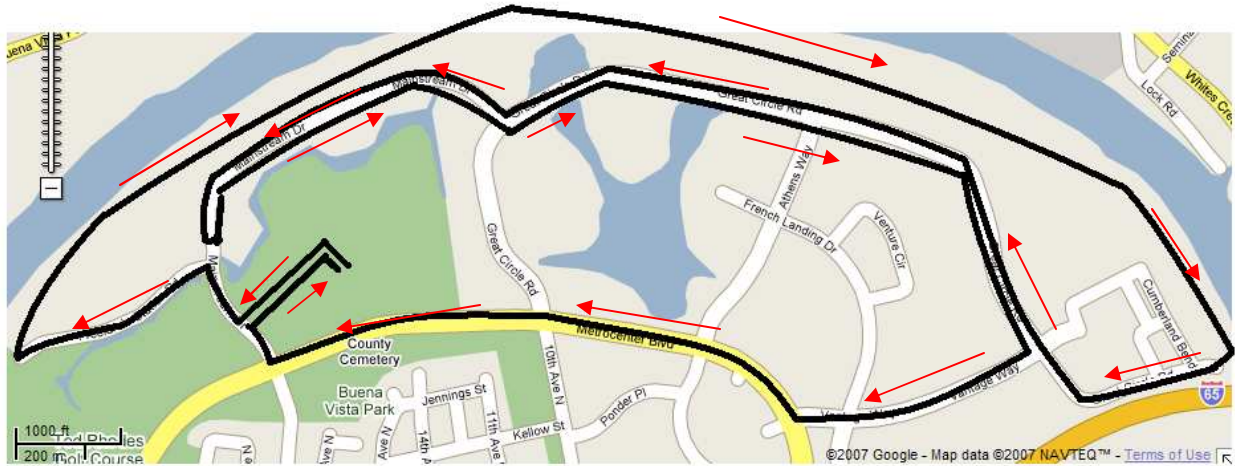


2008 Du Run Run Duathlon – Bike course

10 mile total distance – on roads and paved Greenway – Figure-8 style course



1. Left to exit transition area.
2. Right on Mainstream Dr.
3. Left on Frelands Station Rd.
4. Right to enter Metro Greenway – paved bike path.
5. Right to exit Metro Greenway onto Great Circle Rd.
6. Right on Great Circle Rd.
7. Right on Mainstream Dr.
8. Turn around on Mainstream Dr.
9. Left on Great Circle Rd.
10. Right on Vantage Way.
11. Right on Metrocenter Blvd.
12. Right on Mainstream Dr.
13. Right to enter transition area.