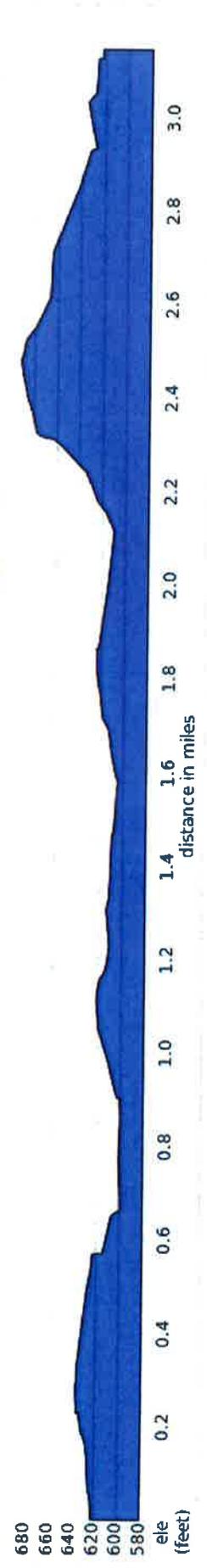
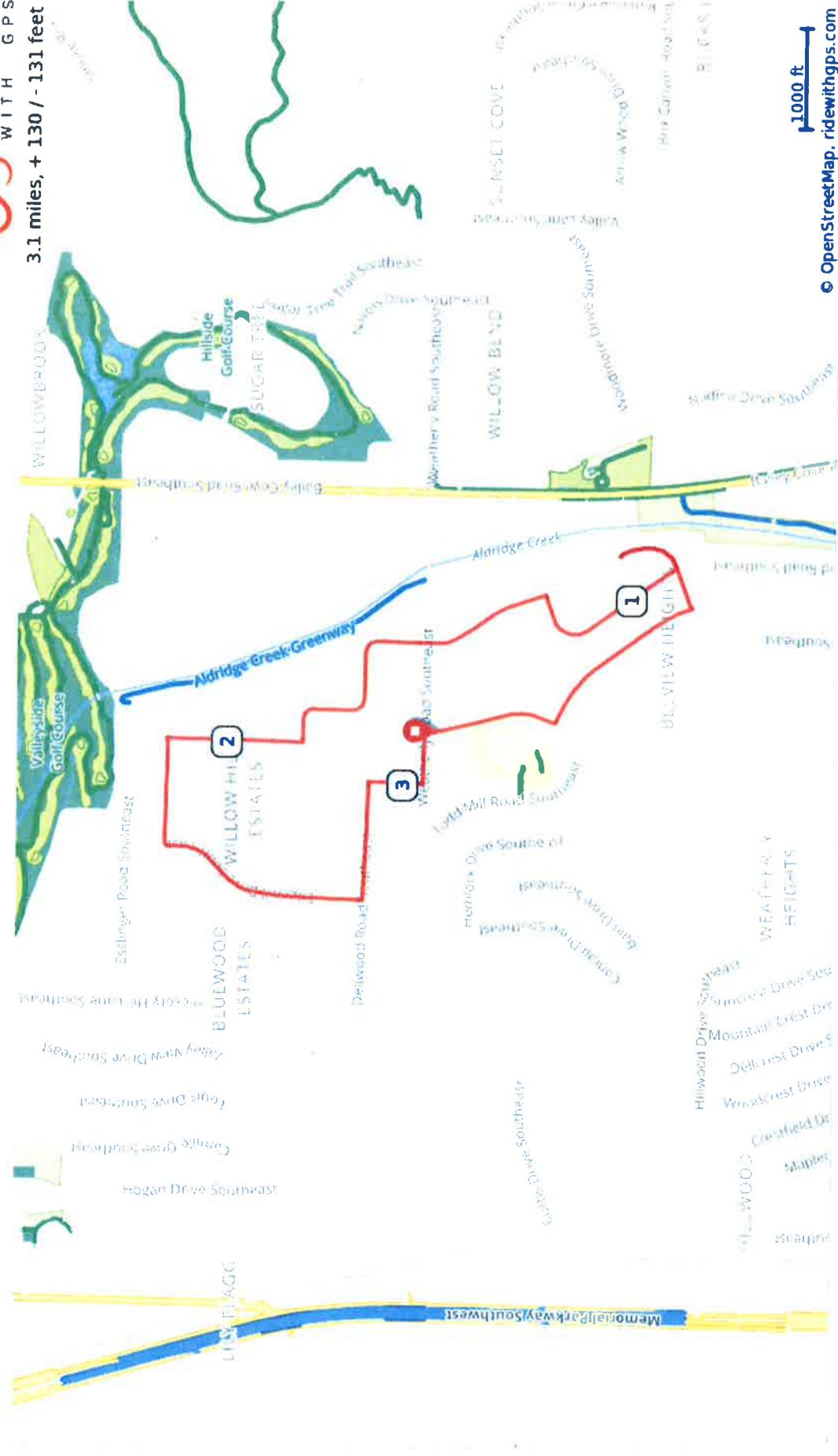


YMCA Soggy Seals Tri 2018 Run Route

RIDE WITH GPS
3.1 miles, + 130 / - 131 feet



© OpenStreetMap, ridewithgps.com

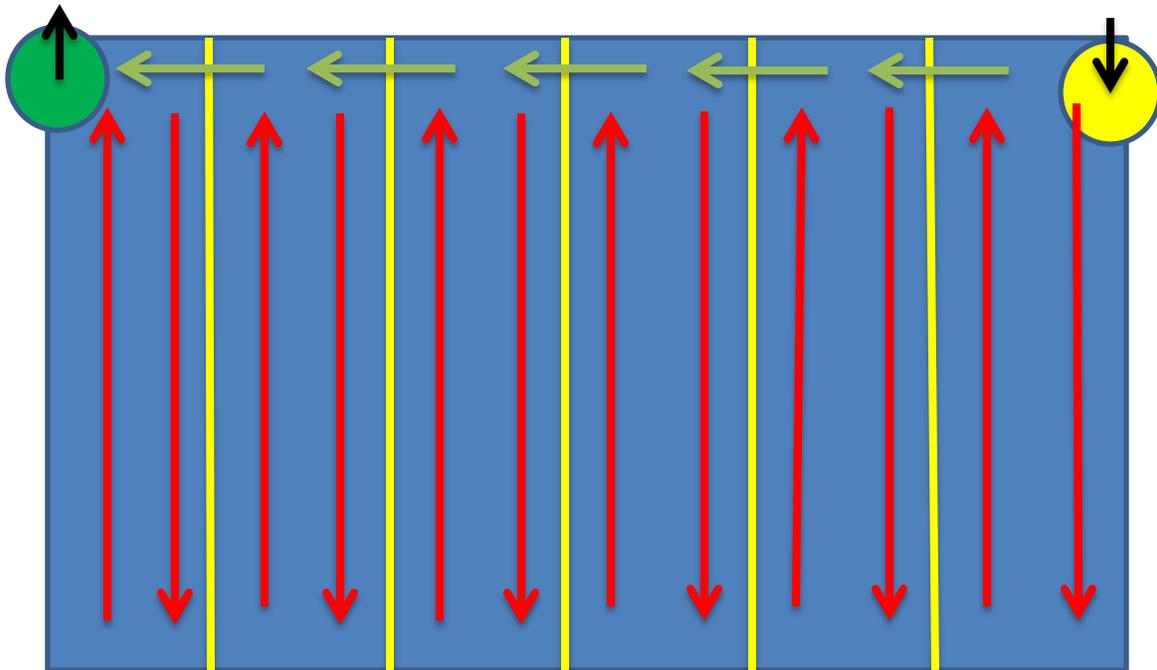
Pool Diagram



Enter pool area here!

Exit Pool here!

Enter Pool by jumping in not diving in here!



Yellow line		Lane ropes
		Start (jump feet first in pool on your left side of the lane, please be careful!)
		Cross under the lane ropes and continue on left side of the lane
		Swim down the left side and up the right side of the lane (flip turns allowed)
		Finish Line (exit out of pool and cross the finish line)

TRANSITION FROM RUN TO BIKE:

Nobody will be able to leave the YMCA at the transition area without a bike helmet! You must not mount your bike until you exit the transition area to Cannstatt road. You cannot wear any headphones at this time for safety reasons.

THE BIKE ROUTE & TRANSITION:

*The bike path is 8 miles. Directions include from the YMCA left on Cannstatt, course goes to

Dortmond, goes left on Toreno, right on Wallwood, left on Todd Mill, right on Bleu Drive, left on Bluff, left on Mountain Gap, enter the greenway (left onto greenway) from Mountain Gap road (take the turnaround at the Greencove bridge as listed (there will be someone there) and follow the Greenway back and continue northbound past the mountain gap road entrance and continue until you get to the bridge at Green Mountain road. Do not take the bridge but turn left off the greenway at this location towards Todd Mill! We have everything marked very well and continue back to the YMCA! You will turn right onto Wallwood off Todd Mill, left at Torino and Right on Dortmund and right on Cannstatt back to the YMCA!

After the bike route, participants will rack their bikes on the west side of the YMCA bldg close to Cannstatt and enter into the bldg to complete the triathlon in the pool for a 300 yard swim.

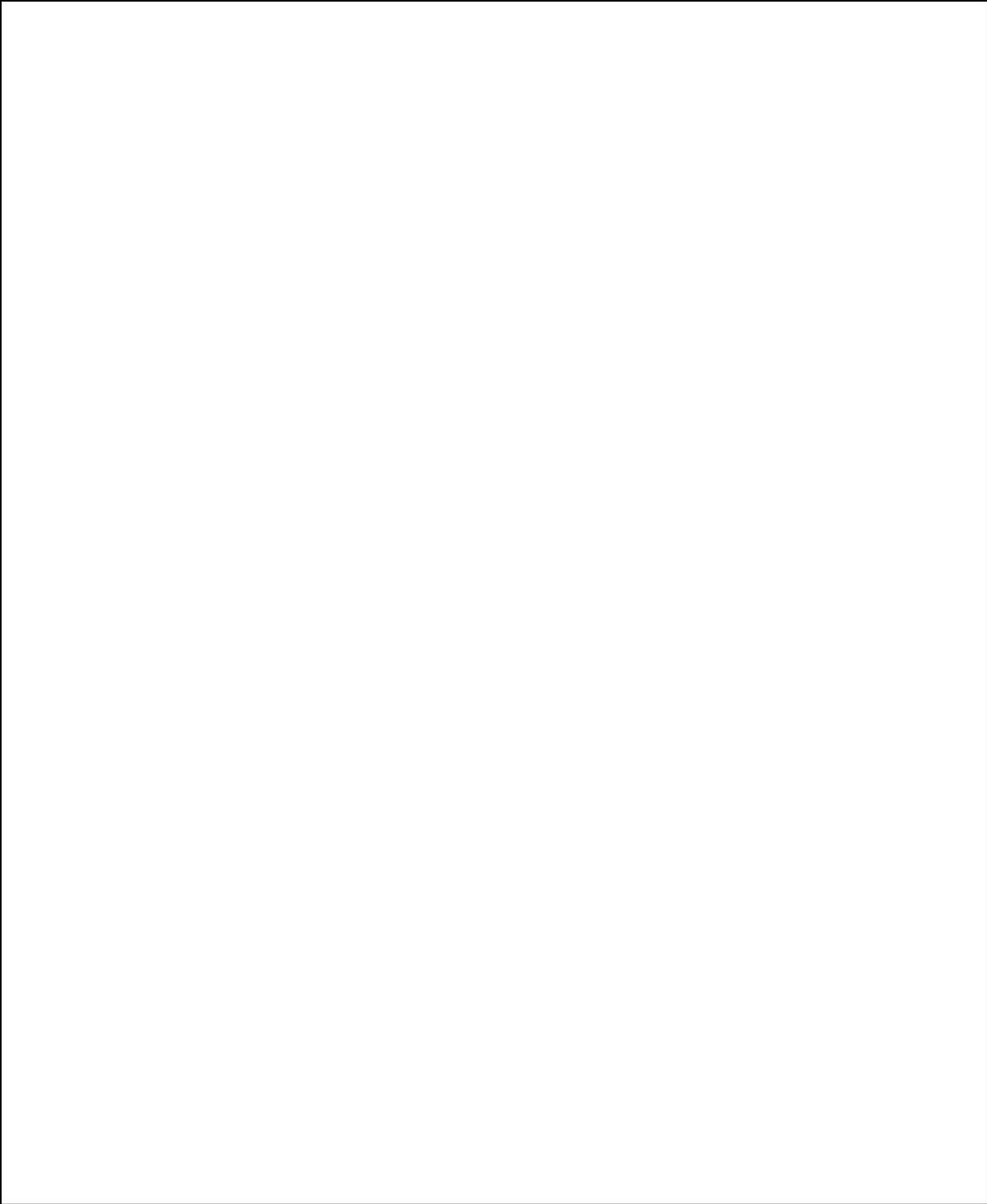
TRANSITION FROM BIKE TO POOL:

You must dismount your bike at the bike rack and enter into the pool area. When on the pool deck you will be told to walk! You cannot dive into the pool! You must jump! You will swim down on the left side of the pool (pool wall on left) and back in the same lane (lane rope on left), go under the lane rope and repeat this going down and back to the other side of the pool! This should total 12 lengths or 6 laps.

Triathlon starts with the 5K Running:

*The 5K Run begins on the West Side of the Huntsville YMCA building on Cannstatt Dr. SE and runs to Dortmund Dr. SE, turns left and runs to Arolen Dr. SE, turns left and runs to dead end and runs around a water main cover back to Waldrop Dr. SE, turns right and runs to Willow Cove Rd. SE, turns left and runs to Cannstatt Dr. SE, turns right and runs to Edgehill Dr. SE, turns left and runs to Dellowod Rd. SE, turns left and runs to Willow Hills Dr. , turns right and runs to Weatherly Rd. SE and continues to the bike transition area on the West side of the YMCA building.

After the bike route, participants will rack their bikes on the west side of the YMCA bldg close to Cannstatt and enter into the bldg to complete the triathlon in the pool for a 300 yard swim.



YMCA Soggy Seals Tri 2018 Run Route

Type	Note
🚩	Start of route
←	L onto Dortmund Dr SE
→	R onto Arolen Dr SE
→	R onto Waldrop Dr SE
←	L onto Willow Cove Rd SE
→	R onto Cannstatt Dr SE
←	L onto Dellwood Rd SE
→	R onto Willow Hills Dr SE
←	L onto Weatherly Rd SE
→	R onto Cannstatt Dr SE
🏠	End of route

3.1 miles. +125/-124 feet

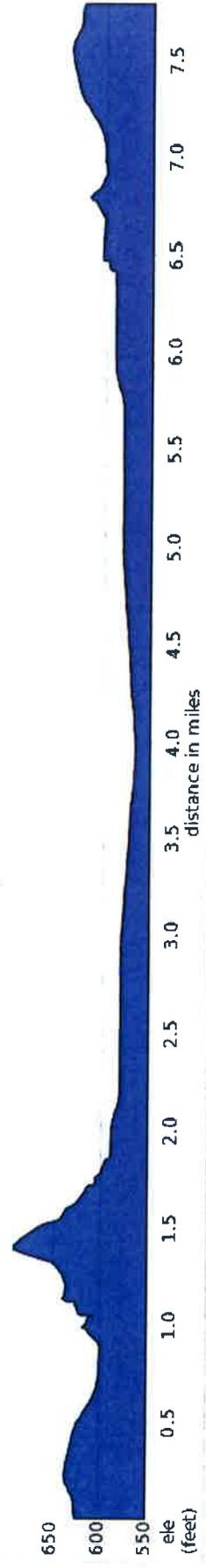
YMCA Soggy Seals Tri 2018 Bike Route

RIDE WITH GPS

7.8 miles, + 185 / - 186 feet



2000 ft Buford
© OpenStreetMap, ridewithgps.com



YMCA Soggy Seals Tri 2018 Bike Route

Type	Note
▶	Start of route
←	L onto Cannstatt Dr SE
←	L onto Dortmund Dr SE
←	L onto Torino Dr SE
→	R onto Wallwood Dr SE
←	L onto Todd Mill Rd SE
→	R onto Bleu Dr SE
←	L onto Bluff Dr SE
←	L onto Mountain Gap Rd SE
→	R onto Aldridge Creek Greenway
→	R to stay on Aldridge Creek Greenway
→	Slight R to stay on Aldridge Creek Greenway
←	L to stay on Aldridge Creek Greenway
→	R onto Todd Mill Rd SE
→	R onto Wallwood Dr SE

6.8 miles. +150/-161 feet

Type	Note
←	L onto Torino Dr SE
→	R onto Dortmund Dr SE
→	R onto Cannstatt Dr SE
→	R
▣	End of route

1.0 miles. +35/-12 feet