



## TURN BY TURN DIRECTIONS

### SPRINT BIKE:

- △ Exit transition zone towards Old Cumberland St. Mount bike on the road.
  - Turn right on Old Cumberland St.
  - Turn right on Tennessee Waltz Pkwy.
  - Turn right on Hwy 12.
  - ∩ Turn around at River Trace Rd (Davidson County line).
  - ↑ Continue back on Hwy 12.
  - ← Turn left on Tennessee Waltz Pkwy.
  - ← Turn left on Old Cumberland St. Dismount bike before entering transition zone.
- 

### SPRINT RUN:

- △ Exit transition zone towards Old Cumberland St.
  - Turn right on Old Cumberland St.
  - ← Turn left on trail.
  - ↑ Follow trail under bridge and continue along trail before reaching Tennessee Waltz Pkwy.
  - ← Turn left on Tennessee Waltz Pkwy.
  - ← Turn left on N. Main St.
  - ← Turn left on Chapmansboro Rd.
  - ∩ Turn around at the marked turn point.
  - Turn right on N. Main St.
  - Turn right on Tennessee Waltz Pkwy. Turn right on trail.
  - Turn right on Old Cumberland St.
  - ↑ Follow the road to the finish line.
- 

### OLYMPIC BIKE:

- △ Exit transition zone towards Old Cumberland St. Mount bike on road.
  - Turn right on Old Cumberland St.
  - Turn right on Tennessee Waltz Pkwy.
  - Turn right Hwy 12.
  - ∩ Turn around at River Trace Rd (Davidson County line).
  - ↑ Continue back on Hwy 12.
  - ∩ Olympic participants will make a second loop on Hwy 12, turning around just before Fairgrounds Rd.
  - ← Do a second loop, then turn left on Tennessee Waltz Pkwy after completing second loop.
  - ← Turn left on Old Cumberland St. Dismount bike before entering transition zone.
- 

### OLYMPIC RUN:

- △ Exit transition zone toward old Cumberland St.
- Turn right on Old Cumberland St.
- ← Turn left on trail.
- ↑ Follow trail under bridge and continue along trail before reaching Tennessee Waltz Pkwy.
- ← Turn left on Tennessee Waltz Pkwy.
- ← Turn left on N. Main St.
- ← Turn left on Chapmansboro Rd.
- Turn right on Cumberland River Bicentennial Trail.
- ∩ Turn around at the marked turn point.
- ← Turn left on Chapmansboro Rd.
- Turn right on N. Main St.
- Turn right on Tennessee Waltz Pkwy.
- Turn right on trail.
- Turn right on Old Cumberland St.
- ↑ Follow road to finish line.