

Turn By Turn Directions

Swim Directions:

1. Athletes will line up according to their estimated time for a 400 meter swim; fastest at the front.
2. Athletes will be started every 10 seconds.
3. Once started, swim to the end of the lane, go under the lane line and then head back the opposite direction; traveling one direction in each lane.
4. After completing 8 lengths, athletes will exit at the southwest corner of the pool.
5. Then proceed out of the facility and to the Transition Area.

Bike Course Directions:

This is a two lap course. The Mount/Dismount line will be on Maryland Avenue just outside the west entrance to Stankowski Field.

1. Athletes will begin the bike course heading south on Maryland Avenue.
2. Go straight through the intersection of Kentucky Blvd and Maryland Avenue.
3. Turn right into the entrance of Laws, Lathrop, Dobbs & Jones (Lot# WG-1).
4. Turn left into the entrance to Memorial Stadium parking lot; going through the pedestrian tunnel (under Stadium Blvd.).
5. Go left, immediately after exiting the tunnel.
6. Go through the parking lot up to Mick Deaver Drive.
7. Turn right on Mick Deaver Drive.
8. Turn left on Champions Drive (at the 4-way intersection)
9. Turn left into the first entrance to the Mizzou Arena parking lot.
10. Follow Champions Drive all the way around to Stadium Blvd.
11. Turn right onto Stadium Blvd.
12. Go straight through the Stadium Blvd / College Street and Stadium Blvd. / Ashland Road intersections.
13. Turn right on Old 63 South.
14. Go into the "round-a-bout" and take the first right.
15. Turn right on Grindstone Parkway.
16. Go straight through the Grindstone Pkwy and Rock Quarry intersection.
17. Turn right on Grindstone Plaza Drive.
18. Turn left on Gray Oak Drive.
19. Turn right on Green Meadows Drive.
20. Turn right on Carter Lane.
21. Turn left into the access intersection of Providence Road.
22. Immediately turn right onto Providence Road.
23. Turn right on Stadium Blvd.
24. Turn right on Mick Deaver Drive, where you will begin your second loop (go back to Step# 9). (Please note: athletes will be merging together at this point...those just starting the race, with those on their second and third time through.)
25. Once you have completed your two loops and turn right on Mick Deaver Drive, turn right into Memorial Stadium parking lot and retrace your progress from Step #4-1 to finish the bike portion.

Run Course Directions:

This is a three mile course on the University of Missouri Campus. The course will be on well maintained sidewalks and roadways. Sidewalks will not be closed to foot traffic, nor will the roadways be closed to vehicular traffic. Please use caution at all times.

1. Athletes will begin the run course by exiting out of the south end of the Transition Area at Stankowski Field.
2. Follow the barricade/ropes out of Stankowski Field; the course will take you through a short section of grass and then onto a sidewalk, heading east toward Hitt Street.
3. Cross over Hitt Street and continue on the sidewalk; heading east toward Plaza 900.
4. Use the ramp to access the College Avenue Pedestrian Bridge and cross over College Avenue.
5. Staying on the sidewalks, turn right around the north side of Hatch Hall.
6. Turn left onto East Campus Road via the main parking lot entrance on the back side of Schurz, Bingham and Hatch Halls.
7. Head north on East Campus Road.
8. Turn around at the intersection of E Campus Road and Rolling (Aid Station #1 and #2 will be located at this intersection); heading south.
9. Turn right on Burch Drive.
10. Turn left on Ashland Road (staying on the sidewalk).
11. Turn left on East Campus Road, continuing straight through the 4-way stop/intersection.
12. Follow this roadway around the south/east side of the Animal Science Research Center and past the Veterinary Medicine Building.
13. Turn left on Rollins Road.
14. Turn left at College Avenue (staying on the sidewalk).
15. Turn left into the sidewalk that travels just north of College Avenue Hall; heading west.
16. Turn right at College Avenue Hall and use the Pedestrian Bridge to cross over College Avenue.
17. Head west, back towards the Student Recreation Center.
18. Turn right on Hitt Street, heading north.
19. Turn left on Rollins Road, heading west.
20. Turn left on the sidewalk between the Student Recreation Center and the Department of Mathematics Building, heading south.
21. Turn right just before the Stankowski Fieldhouse.
22. Turn left into Stankowski Field, staying on the track to the finish.

Please direct any course questions/comments to Logistics Coordinator – Bryan Topash at bryan@ultramaxtri.com or by phone at 573-443-1471 Ext. 242.

TRIFLOW

May 3 2009
Swim Course = 440 Yards

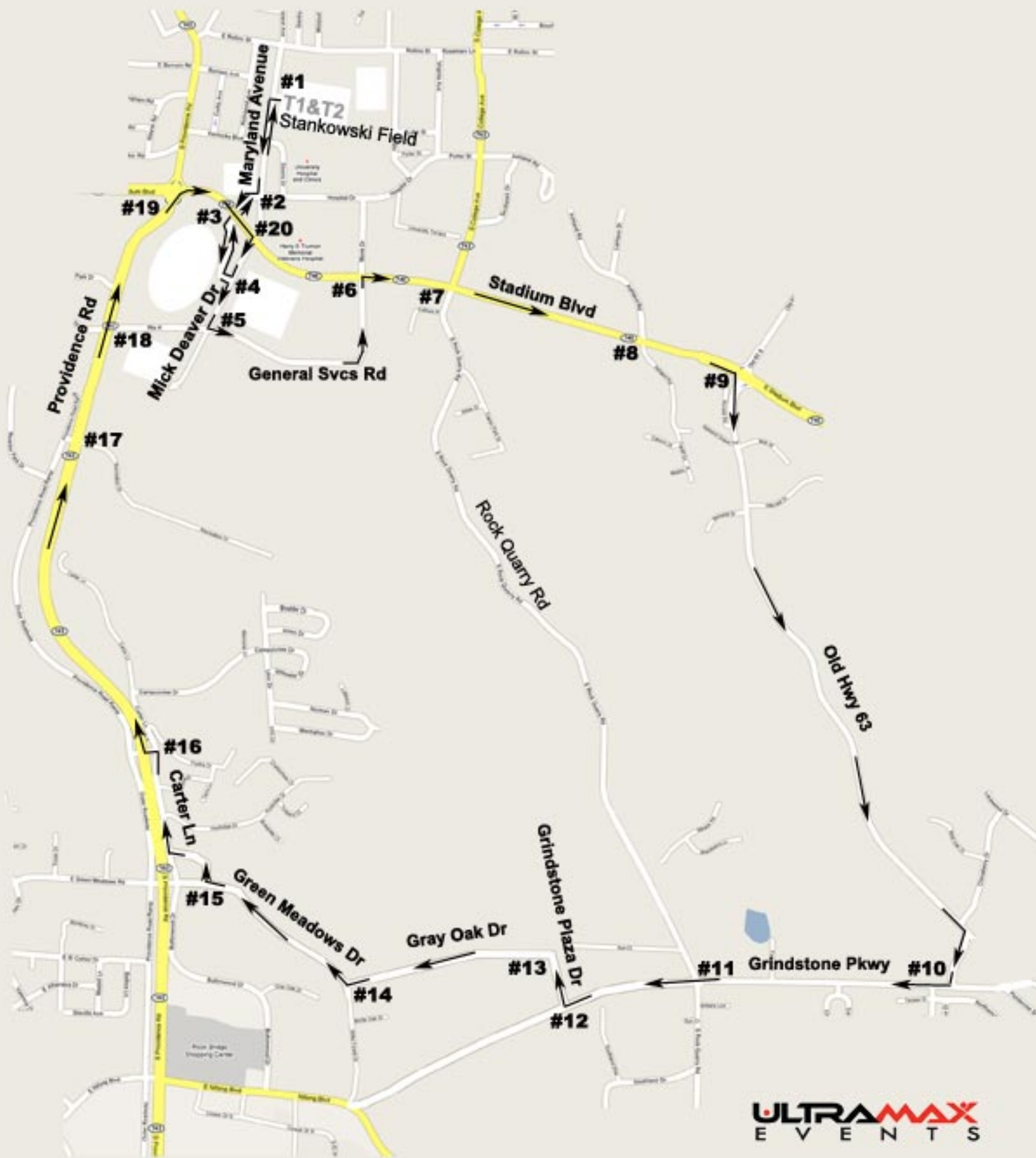




May 3, 2009

TriZou Bike Course = 14 Miles (2 loops)

DuZou Bike Course = 7 Miles (1 loop)



TRIFLOW

May 3, 2009
Run Course = 3 Miles

