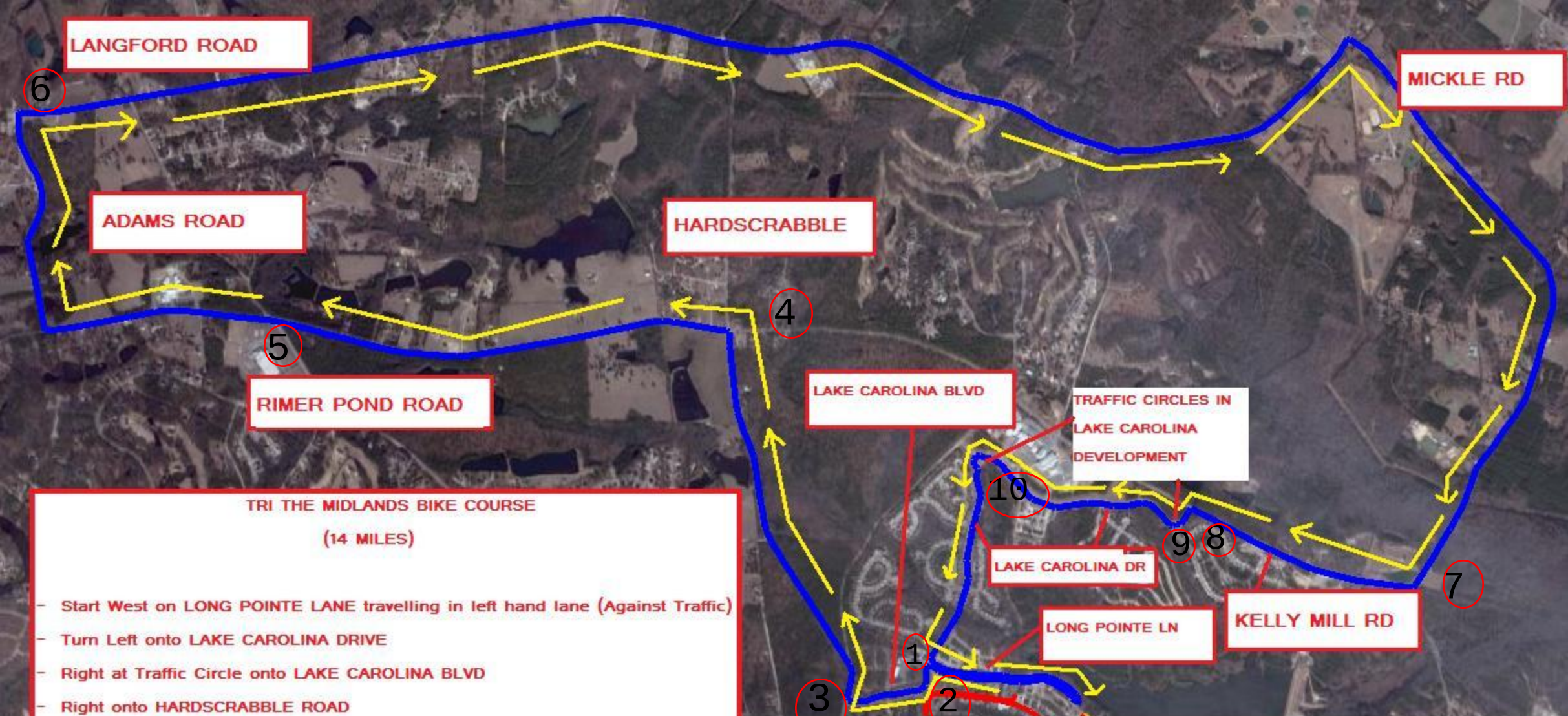


## TRI THE MIDLANDS - Transition Area Layout





TRI THE MIDLANDS BIKE COURSE  
(14 MILES)

- Start West on LONG POINTE LANE travelling in left hand lane (Against Traffic)
- Turn Left onto LAKE CAROLINA DRIVE
- Right at Traffic Circle onto LAKE CAROLINA BLVD
- Right onto HARDSCRABBLE ROAD
- Left onto RIMER POND ROAD
- Right onto ADAMS ROAD
- Right onto LANGFORD ROAD
- Right onto MICKLE ROAD
- Right onto KELLY MILL ROAD
- Left into Entrance of Lake Carolina off Kelly Mill Road
- Around Traffic Circle then travel past YMCA
- Around Traffic and onto LAKE CAROLINA DRIVE
- Left onto LONG POINTE LANE travelling in left hand lane (Against Traffic)



**TRI THE MIDLANDS RUN COURSE  
(5KM)**

- Start from TA on corner of Long Pointe Lane and Harborside Circle running toward the lake.
- Follow Lake Carolina Blvd. past pool
- Turn left onto Lake Carolina Dr.
- Cross Lake before turn around at mile 1.7
- Turn around, return on Lake Carolina Dr.
- Turn right onto Lake Carolina Blvd.
- Turn left near swimming pool to finish line