

Life Time Fitness Triathlon 3-Mile Run

July 15, 2006

Course:

Most of the shore of Lake Nokomis is ringed by a paved pedestrian trail within a paved bicycle trail. The triathlon short-course 3-mile run is one CCW loop around Nokomis. Start SW on the pedestrian trail S of the large parking lot, switch to the bike trail after crossing Cedar Ave, curve S and then back to Cedar, then leave the trail and turn N (left) on Cedar, turn around on the Cedar bridge and return S. Turn E (left) on the bike trail, curving around the lake and onto the road at the masonry bridge, to finish just past the bridge. Same start and finish as the 10k long run, but no crossover or second loop. This 3-mile run is **actually 2.991 miles**, measured with the same precision as the certified 10k course.

Measured Points:

Start: Pedestrian trail, 13 ft 4 in (4.07 m) SW of center of sign post marking Vita Course # 15, S of main parking lot. Marked w dot & S.

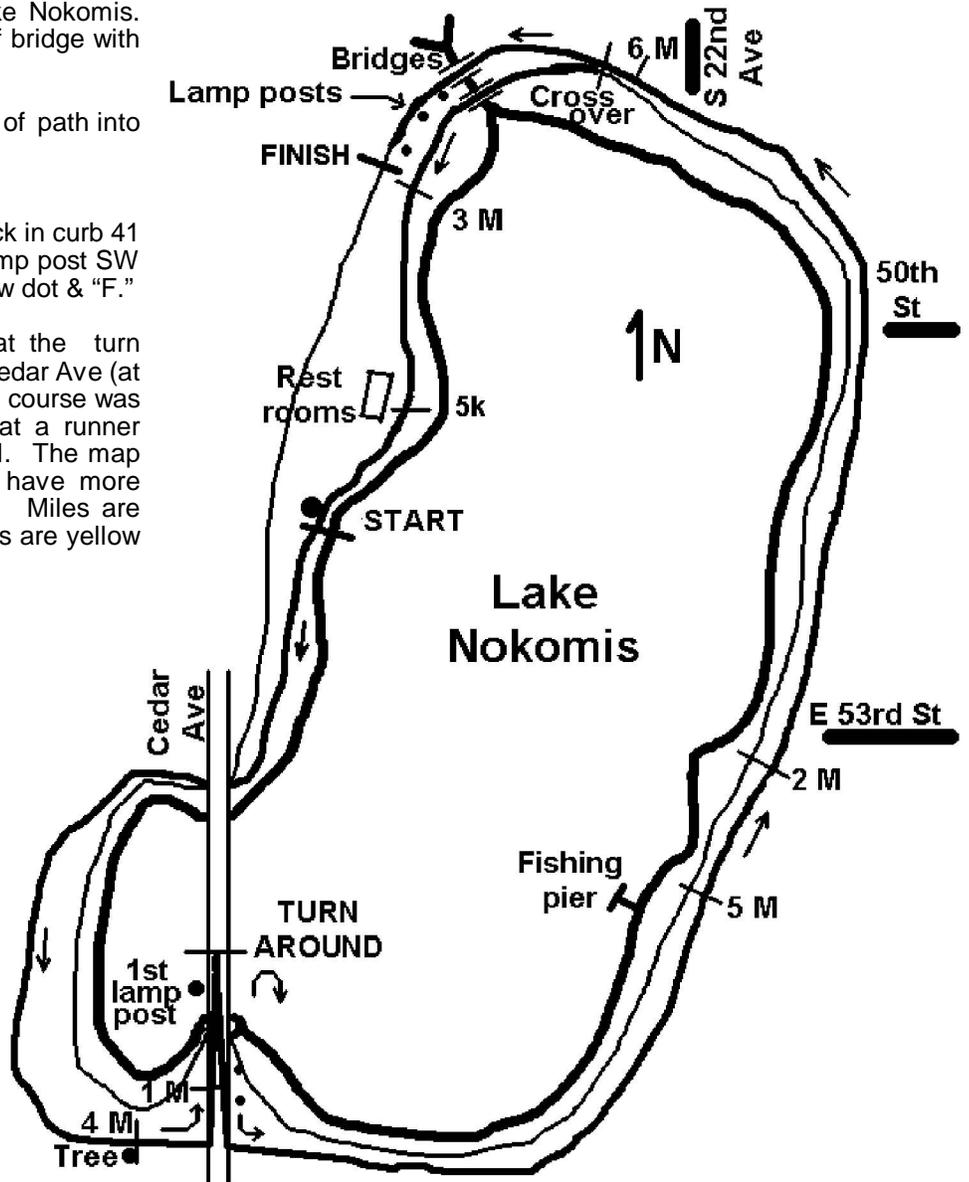
1 Mi: W side of Cedar 29 ft (9 m) N of NO PARKING sign located between 2nd & 3rd wooden light poles S of bridge (poles on E side of Cedar). Runners reach this point before the turn around, not after.

Turn: Center of Cedar ave 89 ft 9 in (27.35 m) N of southernmost steel lamp post on W side of the bridge over Lake Nokomis. Marked in road on W side of bridge with line and "TURN."

2 Mi: Bike trail 76 ft (23 m) SW of path into park from E 53rd St.

Finish: W Lake Nokomis Pky at crack in curb 41 ft 7 in (12.7 m) SW of 3rd lamp post SW of masonry bridge. Marked w dot & "F."

Race Director: A cone is required at the turn around. Volunteers will be needed at Cedar Ave (at least two places) to direct runners. The course was measured using the shortest path that a runner could take while remaining on the trail. The map may not be to scale, and the trails have more curves and intersections than shown. Miles are marked with a dot and a digit, all marks are yellow paint.



Measured July 10, 2006
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