

# SPRINT TRI

**SWIM** Starting at the Swan Hill Outdoor Pool, swim 500 metres.

**BIKE** Starting at the Transition Area on Monash Avenue, bike riders will proceed north and turn left into McCallum Street, then at the roundabout they turn right into Curlewis Street and head north. At King Street they will turn right. They will ride the length of King St, turn right into Arnoldt St before turning left into River Road. Riders will next begin "the loop" by turning left into Douglas Rd and ride to the T intersection with Murraydale Rd. Here they will turn right into Murraydale Rd, then right into River Rd and ride the length of River Road before turning right into Douglas Rd again to complete a second lap of "the loop". After the second lap riders will ride along River Road and head back to the transition area along the same route they came. Distance 20km.

**RUN** Leaving the transition area, runners will head north along the River Walk to the Wetlands in Federal Square, they will run around the Wetlands and then head back towards the park, run past the 10 Steps, enter the BIG 4 Caravan Park and run through the caravan park exiting out the gate at the southern end of the caravan park. They will then continue south along Monash Drive before entering the Pioneer Settlement through the Lower Murray Inn gates, running through the Settlement and out the southern end gate near The Gem. They then run back to Riverside Park via Monash Dr and finish in front of the sound shell. Distance 5km.

