

Life Time Fitness Triathlon 10k Run

July 15, 2006

~~MM-0607-RR~~

Course:

Most of the shore of Lake Nokomis is ringed by a paved pedestrian trail within a paved bicycle trail. The triathlon 10k run is two CCW loops 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 to S 22nd Ave. Shortly after S 22nd Ave cross the grass to the pedestrian trail, over the bridge, past the beach, and continue past the start line. On the second loop, follow the same path except do not cross over to the pedestrian trail just past S 22nd Ave but continue on the bike trail and then onto the road at the masonry bridge, to finish just past the bridge.

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.
- 3 Mi:** Pedestrian trail 111 ft (34 m) SW of sign CAUTION DEEP WATER DROP OFF.
- Crossover:** Bike trail to pedestrian trail at point where trails are closest, about 105 ft (32 m) E of masonry bridge.
- 5k:** Pedestrian trail by WOMEN's restroom door. No mark.
- 4 Mi:** Bike trail about 42 feet E of huge 6-trunk silver maple tree, 37 ft (11 m) W of 2nd storm drain (in street) W of Cedar.
- 5 Mi:** Bike trail 331 ft (101 m) NE of path to fishing pier ("Muskellunge in these waters"). Nearest house is 5417 Woodlawn.
- 6 Mi:** Bike trail 130 ft (40 m) W of path into park from S 22nd Ave.
- 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 the crossover and 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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