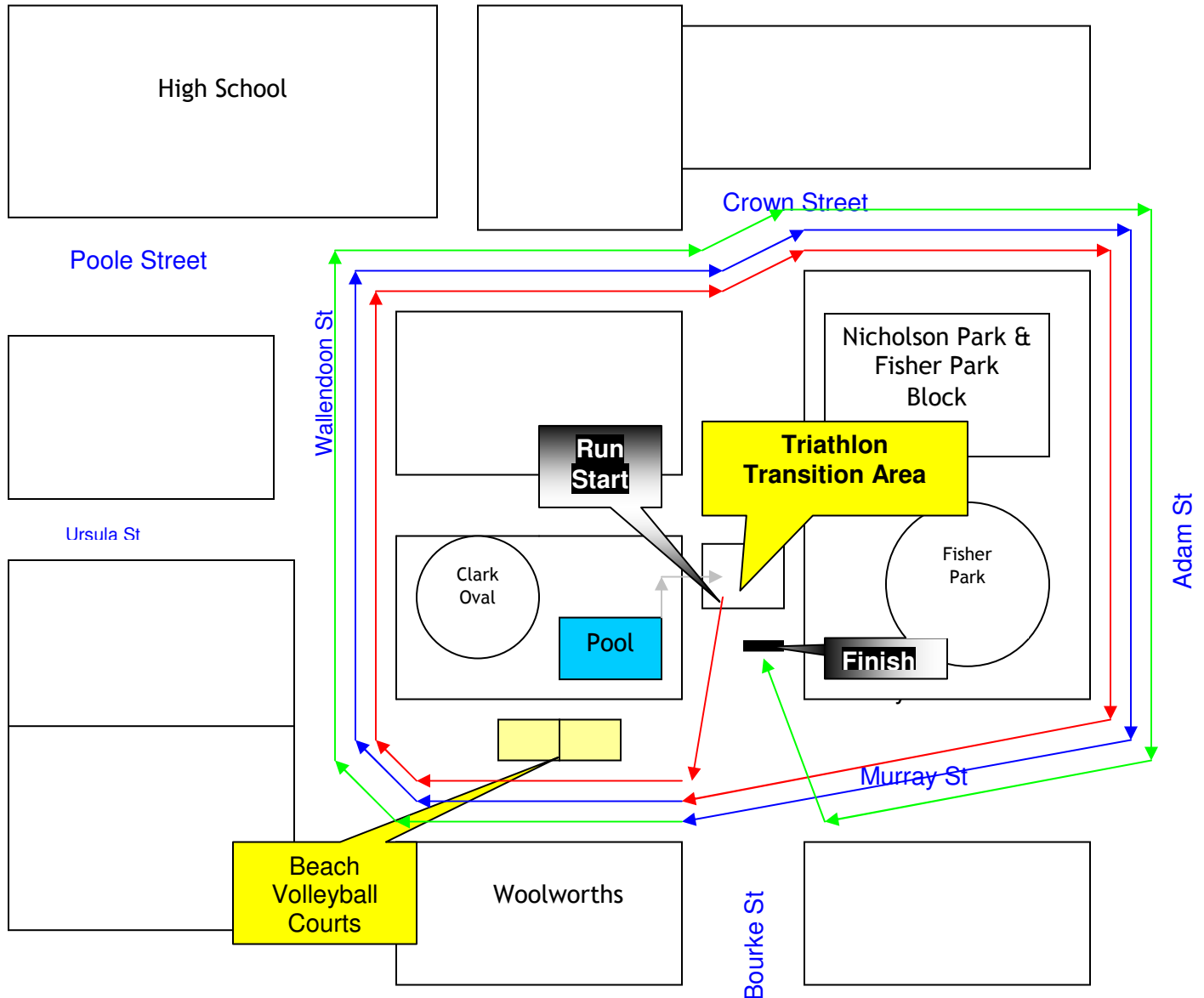


Coota Beach Triathlon Run Course



Run Course

Please note: 2009 run course is exactly the same as 2008

- Exit pool from steps closest to Skate Park
- Exit pool complex through gate closest to Skate Park and enter transition area
- Exit transition area and head right along Bourke St until you get to Murray St.
- Competitors will then run along the foot path beside Woolworths. Barricades will be in place to direct the runners. Please try and use foot paths where possible.
- Continue along Murray St until Wallendoon St where you will turn right.
- Head along Wallendoon St until Poole St where you will turn right
- Continue along Poole St, through the dip, past Bourke St, down to Adam St where you will turn right.
- Continue along Adam St until Murray St where you will turn right.
- Continue along Murray St back onto the footpath beside Woolworths and continue another 2 laps as above.
- 5.4km. **(This will mean you will run pass the Volleyball courts 3 times in total)**
- On the final lap you will turn right into Bourke St from Murray St. Competitors must follow the set path (barricades in place) so as not to cut the corner. Barricades will direct runners to the finish line.