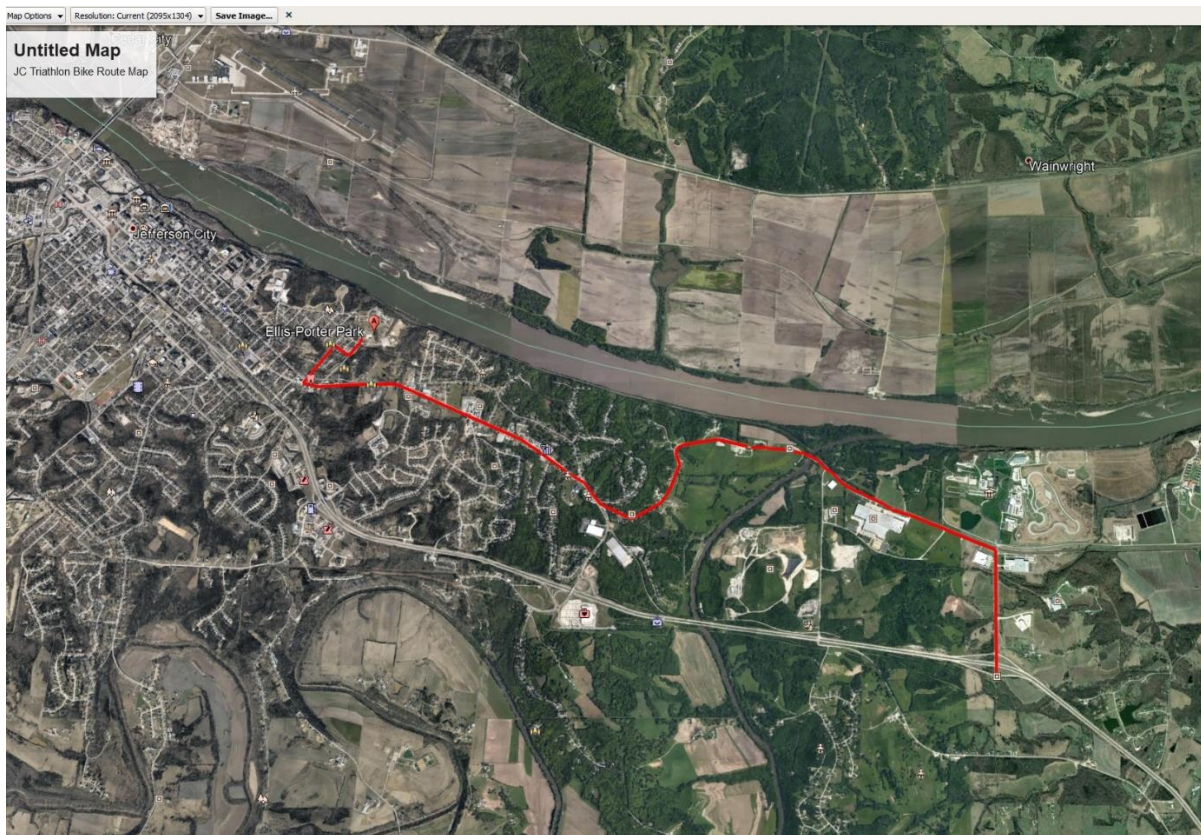


2019 Bike Course

BIKE: Follow Police Officer and Flagger directions/Instructions. From the transition area, go South on Grant St. to Hough St. Turn right, go one block to Lincoln St. Turn left onto Lincoln. Follow Lincoln south across High St. turning left onto E. McCarty. Continue East on East McCarty to Tomahawk/Algoa Road. Turn left onto Tomahawk then an immediate right onto Algoa Rd. Continue on Algoa Rd. to Militia. Turn right onto Militia. Continue on Militia to the end of the overpass (it dead ends) over Highway 50/63. Turnaround. There will be orange cone with flag. Retrace the route back to the pool to the point where E. McCarty meets E. High at the triangle in front of Warwick Village. Stay right onto E. High turning right onto Lincoln and then continuing on the route back to the parking lot (transition area).

Overall Bike Map



Warwick Village Detail



Run Route

Run (Red Line on Photo): Follow signage and Flagger directions/instructions. From the transition area follow the chute Northeast along the Pool Equipment Building turning West in the chute. Leave the chute and merge onto paved park paths to the top of the hill. At the top of the hill turn left merging onto the city greenway. Continue West on the city greenway to Riverside/Riviera where there is a water station. At Riverside/Riviera merge onto East Capitol going downhill and to your right. Continue West to Lafayette St. (Corner of Walls of Historic State Prison). Turn right. Continue toward the front of the Old Missouri State Prison. There will be a water station there. Turnaround. Retrace your steps back to the Pool and finish line.

