

# JAILBREAK

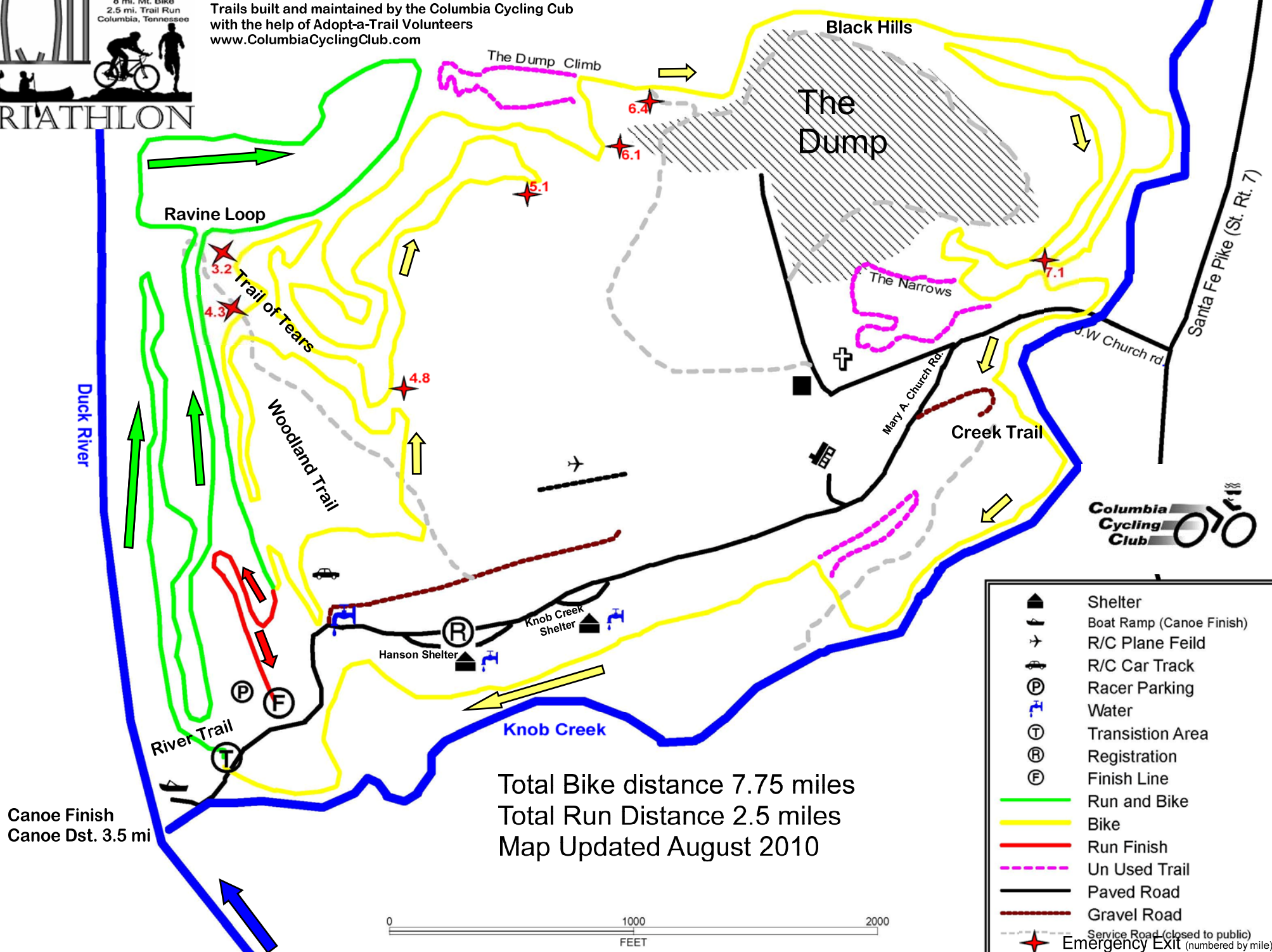
Sept. 25, 2010  
 3.5 mi. Canoe  
 8 mi. Mt. Bike  
 2.5 mi. Trail Run  
 Columbia, Tennessee



# TRIATHLON

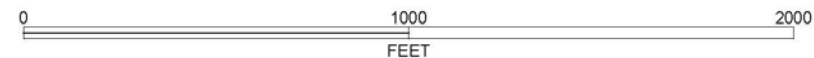
# JAILBREAK TRIATHLON COURSE MAP

Chickasaw Trace Park Columbia, TN  
 Trails built and maintained by the Columbia Cycling Club  
 with the help of Adopt-a-Trail Volunteers  
[www.ColumbiaCyclingClub.com](http://www.ColumbiaCyclingClub.com)



Canoe Finish  
 Canoe Dst. 3.5 mi

Total Bike distance 7.75 miles  
 Total Run Distance 2.5 miles  
 Map Updated August 2010



- |  |                                   |
|--|-----------------------------------|
|  | Shelter                           |
|  | Boat Ramp (Canoe Finish)          |
|  | R/C Plane Feild                   |
|  | R/C Car Track                     |
|  | Racer Parking                     |
|  | Water                             |
|  | Transition Area                   |
|  | Registration                      |
|  | Finish Line                       |
|  | Run and Bike                      |
|  | Bike                              |
|  | Run Finish                        |
|  | Un Used Trail                     |
|  | Paved Road                        |
|  | Gravel Road                       |
|  | Service Road (closed to public)   |
|  | Emergency Exit (numbered by mile) |