

**SwimRun Tennessee - October 6, 2019****Short Course Leg by Leg Distances**

Run #1	0.5 miles down Cabin Trail to Soggy Bottoms
Swim #1	440m from Soggy Bottoms across the lake to the Bryant Grove Trail
Run #2	3.5 mi down Bryant Grove Trail
Swim #2	575 m from Bryant Grove Trail to Ponderosa Island
Run #3	1.2 mi around Ponderosa Island
Swim #3	150m from Ponderosa to Hunter Island
Run #4	0.5 mi around Hunter Island
Swim #4	550m from Hunter to Rock Island
Run #5	0.25mi around Rock Island
Swim #5	720m from Rock to Canoe Cove at Camp YI
Run #6	0.4 mi from Canoe Cove to Finish
<b>Total Run</b>	<b>7 miles</b>
<b>Total Swim</b>	<b>1.5 miles</b>
<b>Total Race</b>	<b>8.5 miles</b>