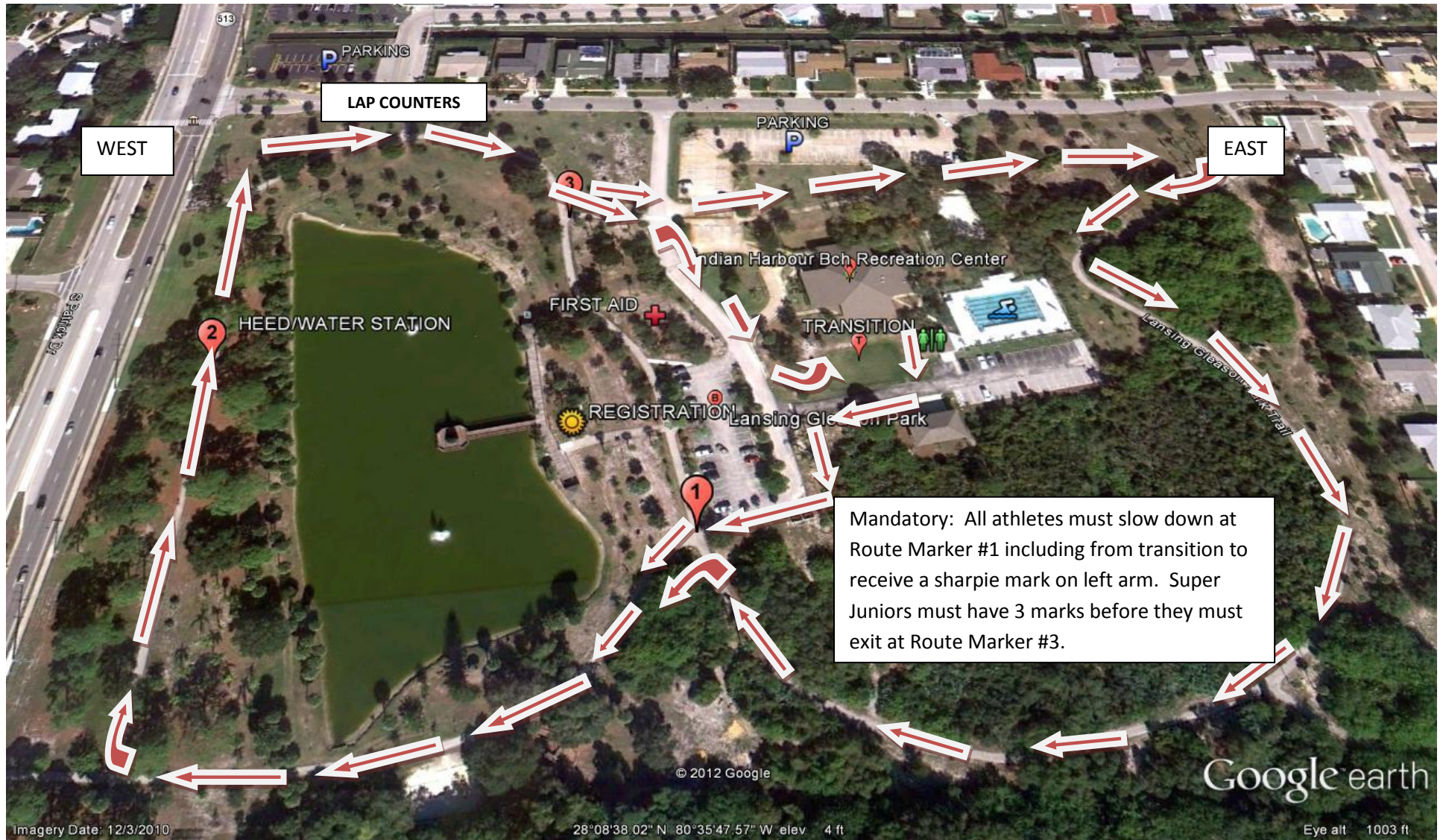


COURSE MAP FOR SUPER JUNIORS AGES 9 & 10

SWIM - 50 YARDS (2 LENGTHS). Exit pool area to TRANSITION.

BIKE (Red Arrow) 2 MILES – Exit TRANSITION, cycle to MARKER 1 (SLOW DOWN TO GET LEFT ARM MARKED WITH SHARPIE), cycle 2 ½ laps around entire park (GET SHARPIE MARK EACH TIME YOU PASS ROUTE MARKER 1. Pass #1 three times including from transition. On last lap EXIT at MARKER 3 and cycle to TRANSITION.



COURSE MAP FOR SUPER JUNIORS AGES 9 & 10

RUN (Blue Arrow) 1 MILE – Exit TRANSITION, run to MARKER 1, run 1 ¾ laps around pond only, exit at MARKER 3 and run to FINISH LINE.

