

COURSE MAP FOR SUPER SENIORS AGES 13 & 14

SWIM – 150 YARDS (6 LENGTHS). Exit pool area to TRANSITION.

BIKE 3.47 MILES – Exit TRANSITION, cycle to MARKER 1 (SLOW DOWN TO GET LEFT ARM MARKED WITH SHARPIE), cycle 4 ½ laps around entire park (GET SHARPIE MARK EACH TIME YOU PASS ROUTE MARKER 1. Pass #1 five times including from transition. On last lap, exit at MARKER 3 and cycle to TRANSITION.



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RUN (BLUE) 1 MILE – Exit TRANSITION, run to MARKER 1, run 1 ¼ laps around pond only, exit at MARKER 3 and run to FINISH LINE.

