

# Youth Triathlon

## Course: 7-10 year olds

Bike Course is the blue route  
Run course is red route

Total	Length	Elev. gain
	3.14 mi	16 ft

### Route 1

 Length 1.02 mi Elev. gain 7 ft

### Route 2

 Length 2.12 mi Elev. gain 10 ft



Start and Finish

The 100 yard swim will be an out and back in shallow water that runs parallel to the shore. The bike course is 2 miles inside the park and the run course is 1 mile along the all purpose path.

