





## TRIATHLON COURSE 2016

Transition I will be in the gated area outside the Kindergarten wing at Mark Twain Elementary. Athletes will need to have their bikes, shoes, helmet and any other items in transition before the tri starts.

### SWIM

The children will leave transition in groups and be escorted around the north side of the YMCA pool to start the swim. [All kindergarten students will swim one lap, First and Second graders will swim two laps and Third to Fifth graders will swim four laps.](#) After the swim, they will exit the south door of the YMCA and proceed into the back gate of the transition area.

### BIKE

This [3 mile bike course](#) will begin after the kids WALK their bikes out of Transition I over to Braes Blvd. Once at Braes, they will head north and complete the designated course. The bike course ends at Transition II in the circular driveway in front of Twain where the racers will leave their bike and then start the run course as outline below.

### RUN

This [1/2 mile run](#) ends inside the Twain playground along the track and completes the race!

The children will drop their bike off in the kindergarten parking lot and begin the run from Dumbarton, right onto Edloe, then right onto Aberdeen and concluding inside the park at Mark Twain. The event will conclude with a finishers party at Mark Twain.

All athletes will need to wait for the last biker to come in before taking their bicycles and belongings from transition I and transition II. The transition areas are for volunteers and athletes only.