



Race Details



A special thank you to
**Jeff Davis, our
presenting sponsor.**



JEFFREY P. DAVIS

D.D.S., P.C.

Pediatric Dentistry and Limited Orthodontics

Timeline:

8:00-8:15	Arrive and checkin (packet and chip pickup)
8:15-8:45	Setup transition area
8:45-8:55	Mandatory athlete briefing
9:00	Challenged Athlete start, 50M swim

Approximate start times:

9:15	6-8 year-olds start, 50M swim
9:20	9-10 year-olds start, 100M swim
9:25	11-12 year-olds start, 150M swim
9:30	13-15 year-olds start, 200M swim

Exit the pool and go around the building and out into parking lot to bike rack.

Put on clothes (shorts, shirt, socks, and shoes) if desired, and race number.

Walk bike to mount line. Get on bike. Ride out of parking lot and turn right onto street.

Bike:

6-8 year-olds One lap

9-15 year-olds Two laps

If you are riding two laps, do not turn into the driveway after the first lap. Continue on the road and complete the second lap. Then enter the transition area to dismount at the "Mount / Dismount" line.

Run:

6-8 and 9-10 year-olds will run one lap for .62 miles

11-12s will run two laps for 1.2 miles

13-15 will run three laps for 1.85 miles.

As with the bike, run past the driveway for additional laps. Make sure you run the appropriate number of laps for your age group.

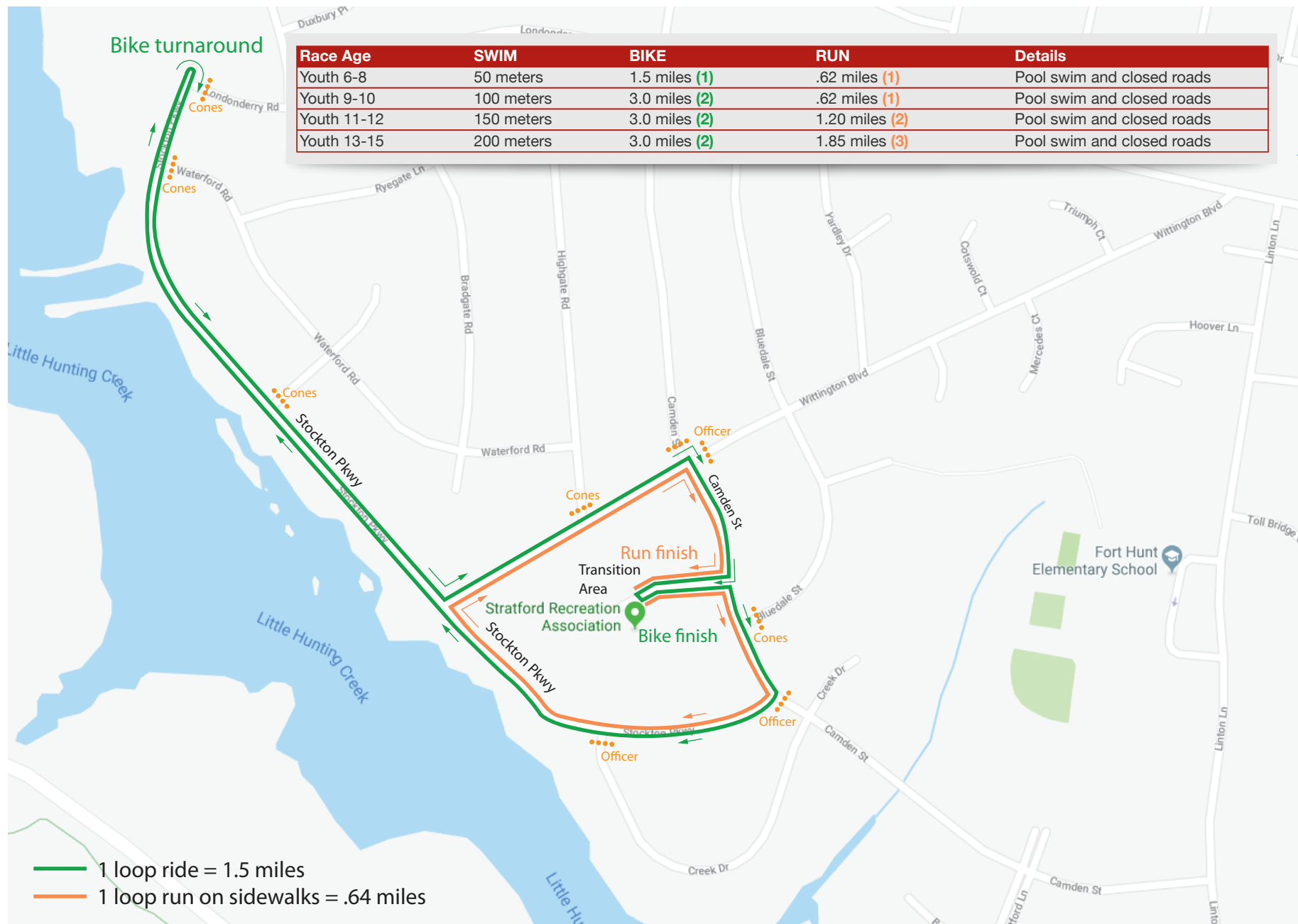
After entering the parking lot, make your way to the finish line.

Awards:


The awards ceremony will begin at approximately 10:30 or as soon after everyone has finished as we can get the results.




Stratford Course Details



Stratford Transition Area Details

 Swim and swim out

 Bike. Dotted lines are walking the bike

 Run out and finish





Parking





Sponsors



Thank you to our course sponsors, The TZ Team at Keller Williams Realty, The Bike Lane and our sign sponsor VH Sign Company. You can find all their contact information on our website.

Our general sponsors are also appreciated and have provided valuable support.



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