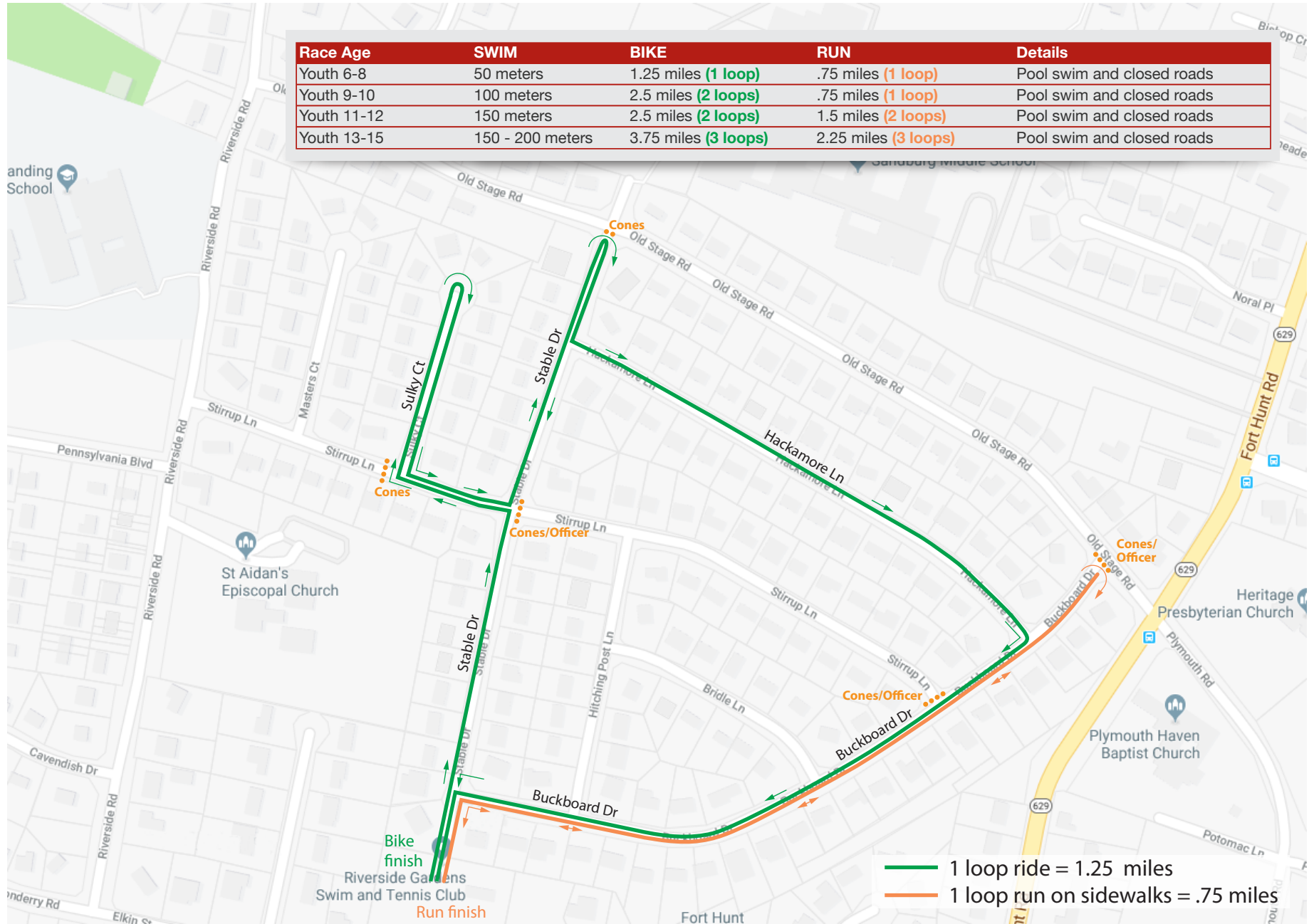


Riverside Gardens Course Details - August 5, 2018

Race Age	SWIM	BIKE	RUN	Details
Youth 6-8	50 meters	1.25 miles (1 loop)	.75 miles (1 loop)	Pool swim and closed roads
Youth 9-10	100 meters	2.5 miles (2 loops)	.75 miles (1 loop)	Pool swim and closed roads
Youth 11-12	150 meters	2.5 miles (2 loops)	1.5 miles (2 loops)	Pool swim and closed roads
Youth 13-15	150 - 200 meters	3.75 miles (3 loops)	2.25 miles (3 loops)	Pool swim and closed roads



— 1 loop ride = 1.25 miles
— 1 loop run on sidewalks = .75 miles