

# Kids Bike - Various



## Tri'ing for Children – Kids Race Bike Map

The Tri'ing for Children's – Kids Race will have four distances for the bike. Distance will be based on age. All bike routes will be out and back. Distances are:

(ages 3-4): 25 yd Swim – 1/4 mi Bike - .10 mi Run

(ages 5-6): 50 yd Swim – 1 mi Bike - .25 mi Run

(age 7-10): 100 yd Swim - 3 mi Bike - .5 mi Run

(ages 11-14): 200 yd Swim – 6 mi Bike – 1 mi Run

**Bike Safety Plan:** The bike route is out and back and will be staffed by volunteers every 100 yards or so for the short routes and every 1/4 mile or so on the longer routes. Police will be stopping traffic on Hwy ZZ during the bike portion of the race. EMS will be available at the park.

# Kids Run - Various



**The Tri'ing for Children's – Kids Race will have four distances for the run. Distance will be based on age. All run routes will be out and back. Distances are:**

**(ages 3-4): 25 yd Swim – 1/4 mi Bike - .10 mi Run**

**(ages 5-6): 50 yd Swim – 1 mi Bike - .25 mi Run**

**(age 7-10): 100 yd Swim - 3 mi Bike - .5 mi Run**

**(ages 11-14): 200 yd Swim – 6 mi Bike – 1 mi Run**

**Run Safety Plan: The run route is out and back and will be staffed by volunteers every 100 yards or so. Police and park rangers will be stopping traffic on park roads during the run. EMS will be available at the park.**