

# Cori's Kids Triathlon Course Map

## BIKE = -----

- 7 - 10 yrs - 1 Lap (1.6 Miles)
- 11- 14 yrs - 2 Laps (3.2 Miles)
- 15-17 yrs - 3 Laps (4.8 Miles)
- Adults - 3 Laps (4.8 Miles)

## Run = XXXX

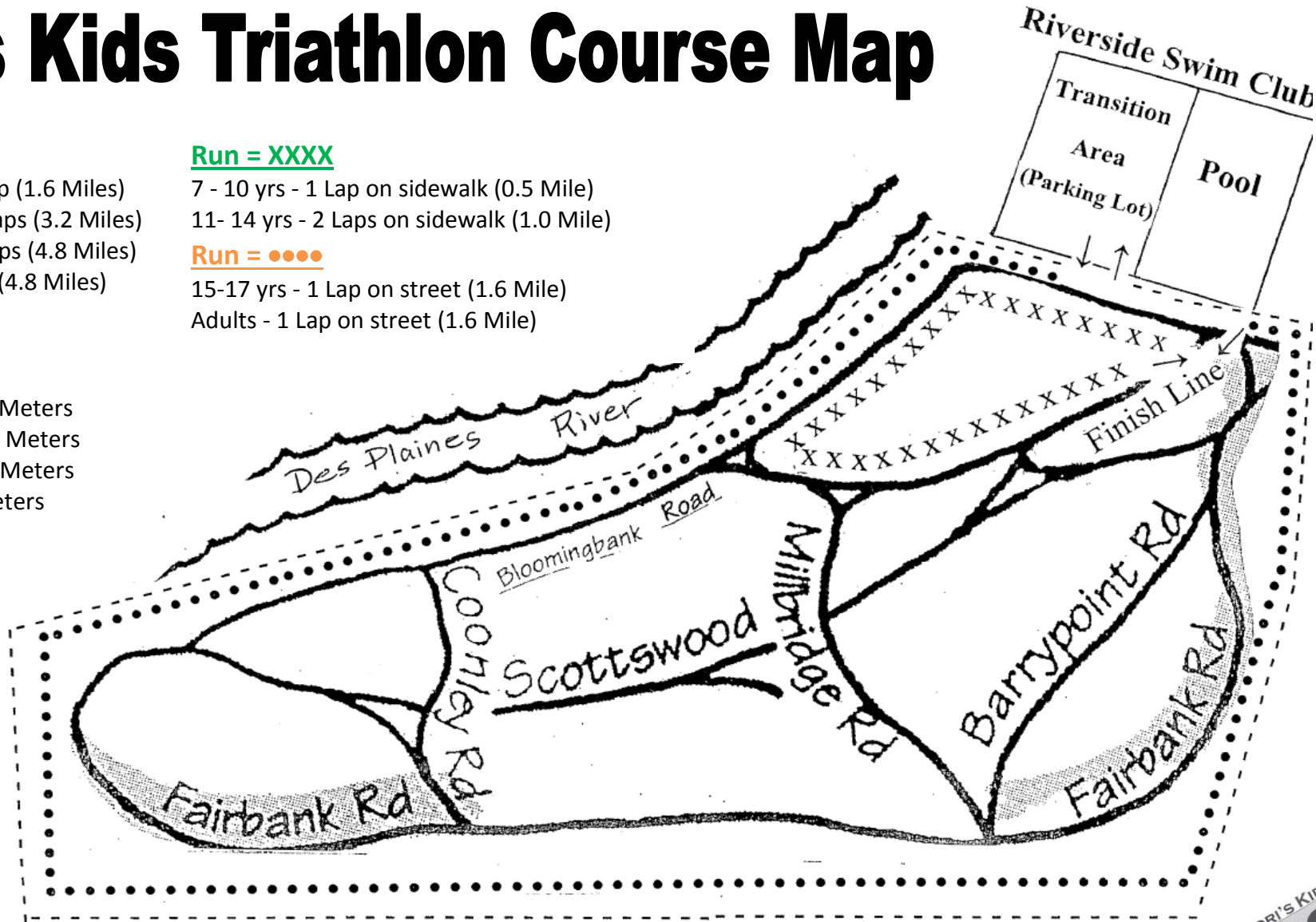
- 7 - 10 yrs - 1 Lap on sidewalk (0.5 Mile)
- 11- 14 yrs - 2 Laps on sidewalk (1.0 Mile)

## Run = ●●●●

- 15-17 yrs - 1 Lap on street (1.6 Mile)
- Adults - 1 Lap on street (1.6 Mile)

## Swim

- 7 - 10 yrs - 100 Meters
- 11- 14 yrs - 150 Meters
- 15-17 yrs - 300 Meters
- Adults - 300 Meters



Water Tower (10 Pine Ave.), Riverside, IL 60546

[www.riverside.il.us](http://www.riverside.il.us)

Office: 708-442-7025

