



Goodson TRYathlon

- Adult (Loop 2x) 6.2 mile bike/3 mile run
 - 10-12 years 1.5 mile bike
 - 10-12 years 1 mile run
 - 8-9 years 1 mile bike/1 mile run
 - 5-7 years .5 mile bike/.5 mile run
- Turn Around/Finish

Bike Drop-off Point

Restrooms

Water

Parking

*All routes measured round-trip, Run and Bike except 5-7 Years.

Swim Distances

Adult.....	150 meters (6 laps)
10-12 years.....	100 meters (4 laps)
8-9 years.....	50 meters (2 laps)
5-7 years.....	25 meters (1 lap)

Start Times

10-12 years.....	6:30 am
8-9 years.....	7:15 am
5-7 years.....	8:00 am
Adult.....	8:30 am

