



## Bike Course

Try-a-Tri & Try-a Du - 1 lap (out & back)  
 Sprint Distance do 1 laps (out & back)  
 Olympic Distance do 2 laps (out & back)

## Run Course

Try-a-Tri & Try-a Du - 1 lap (out & back)  
 Sprint Distance do 2 laps (out & back)  
 Olympic Distance do 3 laps (out & back)