

YOU GO GIRL TRIATHLON - Swim Course (250 yards)



YOU GO GIRL TRIATHLON - Bike Course (8 miles)



YOU GO GIRL TRIATHLON - Run Course (2 Laps)



Note: Each Lap is 1 Mile for a total run distance of 2 Miles.

1. START by exiting Transition Area
2. RIGHT out of Transition AREA
3. LEFT onto Circle
4. LEFT onto road after one lap of the Circle
5. Follow road to back parking lot area
6. Circle 1/2 of back parking lot as shown
7. Return on road to Event Site.
8. THIS IS ONE LAP. REPEAT FOR 2nd LAP