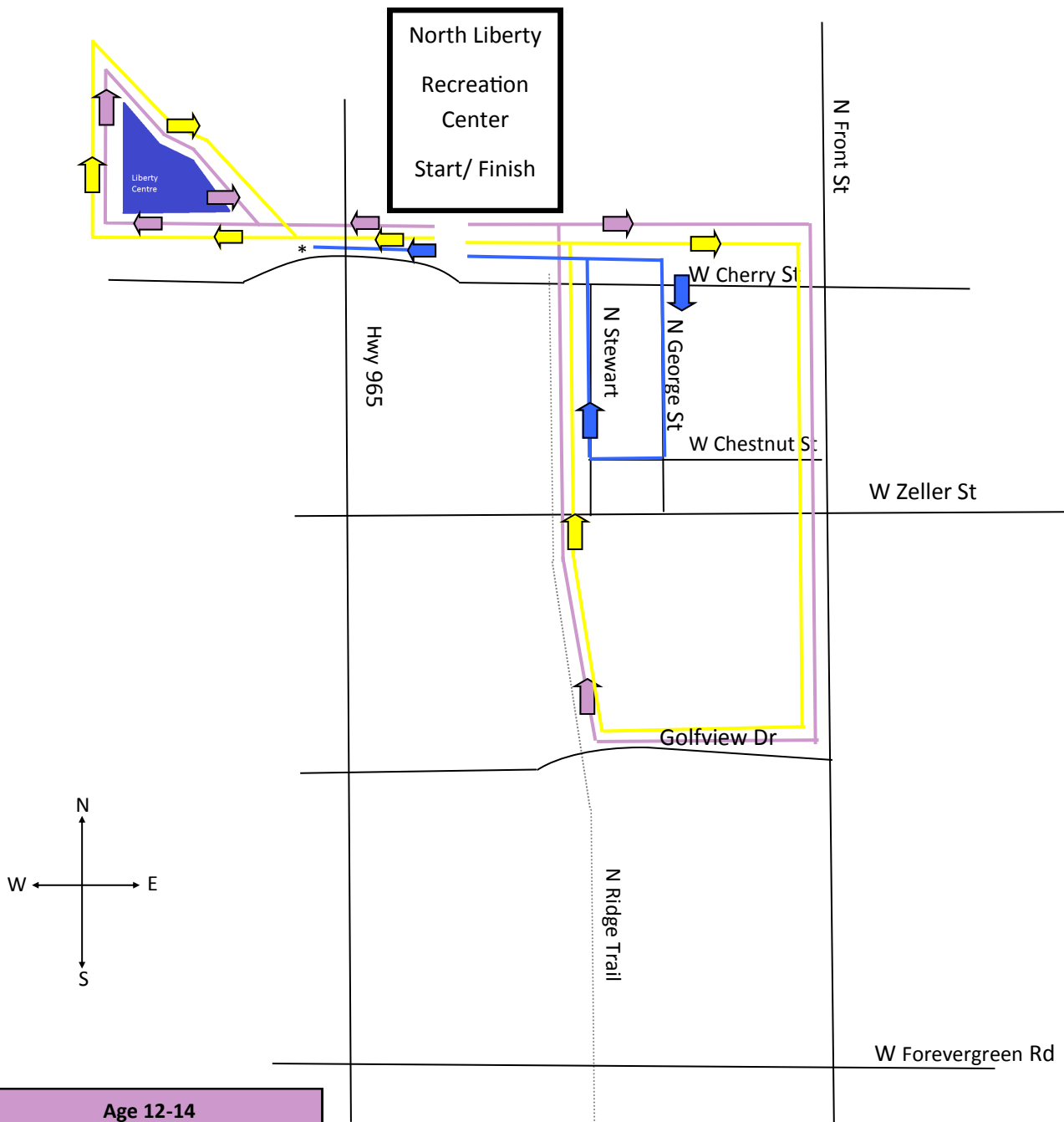


# North Liberty Youth Triathlon 2015

Swim starts at the North Liberty Rec Center's indoor pool. Bike portion starts and finishes at the North Liberty Rec Center. Run starts and finishes at the North Liberty Rec Center. Participation medals are awarded after race completion. Goodies and vendors will be around to help kids and families stay active and healthy!



**Age 12-14**

**Swim** 100 meters

**Bike** ~4.4 miles (east on W Cherry, south on N Front St west sidewalks, west on Golfview Dr north sidewalks, north on N Ridge Trail) X2 then return to Rec

**Run** Sidewalks to 965 underpass & around Liberty Centre X2 then return to Rec, approx 2 miles

**Age 9-11**

**Swim** 50 meters

**Bike** 2.4 miles (east on W Cherry, south on N Front St west sidewalks, west on Golfview Dr north sidewalks, north on N Ridge Trail, W on W Cherry St to Rec)

**Run** Sidewalks to 965 underpass and around Liberty Centre and return to

**Age 6-8**

**Swim** 25 meters

**Bike** .9 (east on W Cherry St, south on N George St, east on W Chestnut St, north on N Stewart St, W on W Cherry St to Rec)

**Run** Sidewalks to west side of 965 through underpass and return to Rec, 1/4 mile