



## **Triathlon Course Directions**

### **Swim – 250 yards**

The Swim Start begins in the second lane (closest to the baby pool). Swimmers will zig-zag up and down the pool, swimming up and down the right side of the lane - completing a total of 10 lengths.

### **Bike – 6.5 miles**

#### ***Bikers stay to the right side of the road***

Bikers begin at Resident's Club - Transition Area  
Turn Right onto Devonshire  
Turn Right onto Birkdale Commons  
Turn around at intersection before traffic light  
Turn Right onto Sandowne  
Turn Left onto New Market  
Turn Right onto Brentfield  
Cross over Birkdale Commons – Intersection  
Turn Left onto Agincourt  
Turn Right onto Stonemont  
Turn Right onto Devonshire  
Turn around point at end of Devonshire  
Turn Right into Resident's Club – Transition Area

### **Run – 2 miles**

#### ***Runners stay on Right Side of Road***

Runners begin at Resident's Club - Transition Area  
Turn Right onto Devonshire  
Cross over Birkdale Commons Parkway and Turn Left  
Turn Right onto Sandowne  
Turn Left onto New Market – follow the circle completely around the playground area  
Turn Right onto Sandowne  
Cross over Birkdale Commons Parkway and Turn Left  
Turn Right onto Devonshire  
Finish at Resident's Club!

## **Kids Aquathlon Course Directions**

### **Swim – 150 yards**

The Swim Start begins in the first lane (closest to the baby pool). Swimmers will zig-zag up and down the pool, swimming up and down each lane once - completing a total of 6 lengths.

### **Run – 1 mile**

#### ***Runners stay on the grassy fields***

Runners begin at Resident's Club - Transition Area  
The course is 4 loops around the basketball/tennis/playground/volleyball area – the course will be marked with spray paint and cones with volunteers at each corner