

Pike County YMCA 2nd Annual Triathlon Course

Each participant will be given a timing anklet for the events.

Swimming: 150 yards 6 lengths of a 25 yard pool

Will begin at 1st complete lap lane closet to the door:

Swimmer will enter the water in the shallow end and swim 6 lengths in a serpentine pattern ending in the shallow end of the last lane. They will exit the pool and exit the building through the side door and head to the transition area for the next phase of the course.

Transition will be in the parking lot.

Biking: 11 miles on a flat to ever so rolling terrain

Exit parking lot and turn left on Pride Drive, make a left on Second Street, right on Depot Road, right on State Route 220, left on River Road, to Meadow Run Road – Turn around and reverse the course. Right on River Road, left on State Route 220, left on Depot Road, right on Second Street, right on Pride Drive, right into parking lot and to the Transition Center for the next phase of the course.

Run: 1.5 miles on a city street, grass, and gravel trail

Right on Pride Drive, make a U turn at State Route 23, round past YMCA, left on Second Street, to Crooked Creek Bar, make a circle around the bar, left on Second Street, enter the YMCA Service Drive on right. Run through grass behind the YMCA toward track, make a right on track, left on gravel path leading to the YMCA side entrance between tennis and basketball courts. Finish line will be in this area.

Pike County YMCA
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