



Swim- 200 Yards
 Bike- 5 Mile Loop
 Run- 1.5 Mile Loop
 Beginner Distance = X 1
 Sprint Distance = X 2
 Kids = 50 Yard Swim, 1 Mile Bike, ½ Mile Run



Swim In the Pool at the SHAC



Bike On Lava Flow and Pioneer Parkway



Run On Paved Trail by SHAC