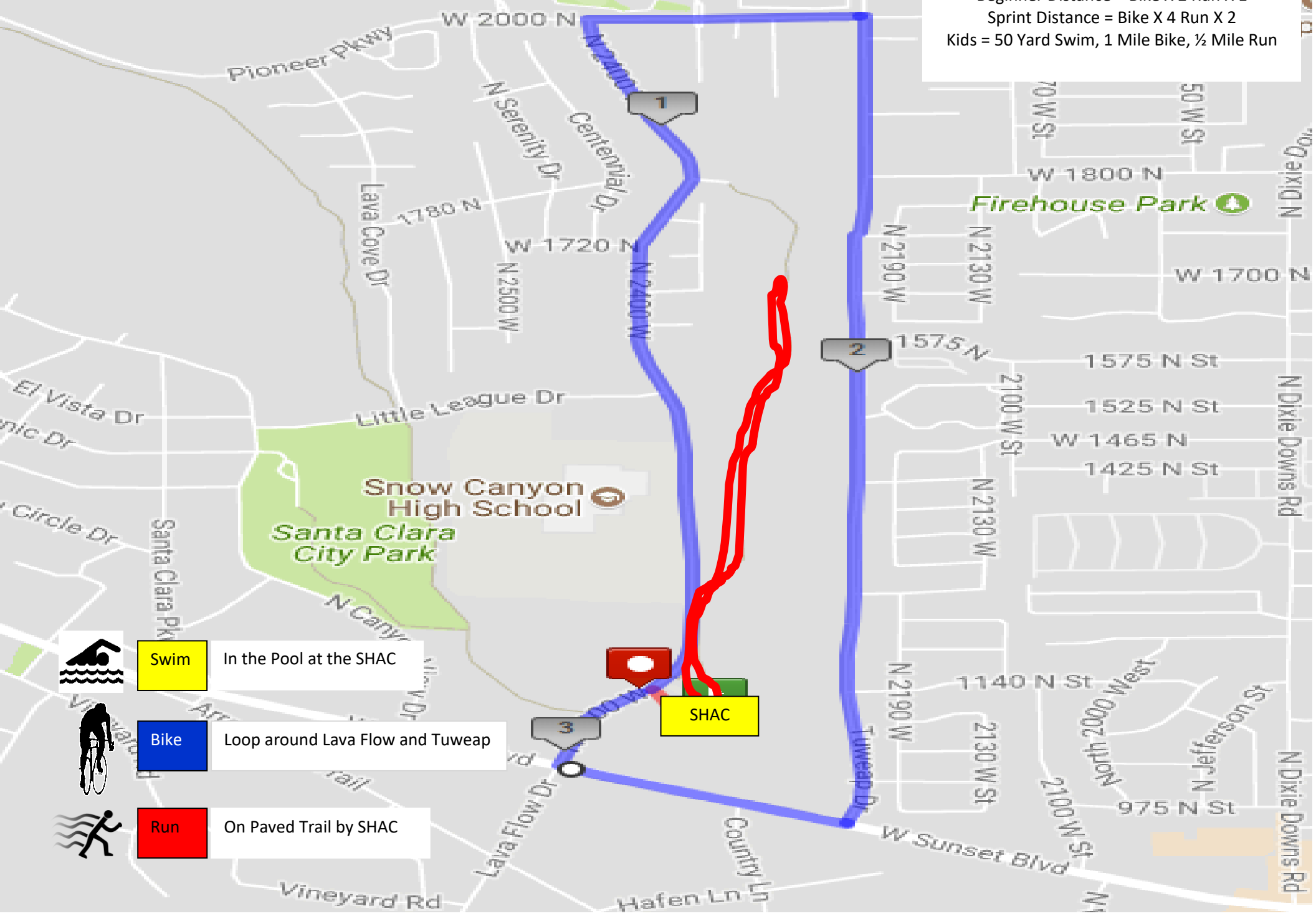


# SHAC TRI COURSE MAP

Swim- 200 Yards  
Bike- 3 Mile Loop  
Run- 1.5 Mile Loop  
Beginner Distance = Bike X 2 Run X 1  
Sprint Distance = Bike X 4 Run X 2  
Kids = 50 Yard Swim, 1 Mile Bike, ½ Mile Run



**Swim** In the Pool at the SHAC



**Bike** Loop around Lava Flow and Tuweap



**Run** On Paved Trail by SHAC

SHAC