



Saturday July 18, 2009



Check in: 7:00 am - The Peak 1455 S. Commerce Way, Perry

Swim: Swim in marked lanes as directed.

Beginner: 4 lengths; **Intermediate:** 8 lengths; **Advanced:** 12 lengths

Transition onto bikes (no changing area available).

Bike: Head South from The Peak on 1200 W. Turn East onto 2450 S. (Center St)
Continue to the North/West corner of Perry Park.

Beginner, Intermediate & Advanced: 2 miles

Transition from bike to running course.

Run: Head South on 900 W.

- **Beginner:** ½ mile course - turns back to the park at 2700 S.
- **Intermediate:** 1 mile course - continue by heading West on 2700 S.
Turn North onto 1030 W. until you reach Perry Elementary School - return back to Perry Park following the same route.
- **Advanced:** 2 mile course - continue to Perry Elementary School around the running track twice and return back to Perry Park following the same route.

We would like to thank our sponsors for all of their help:

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