

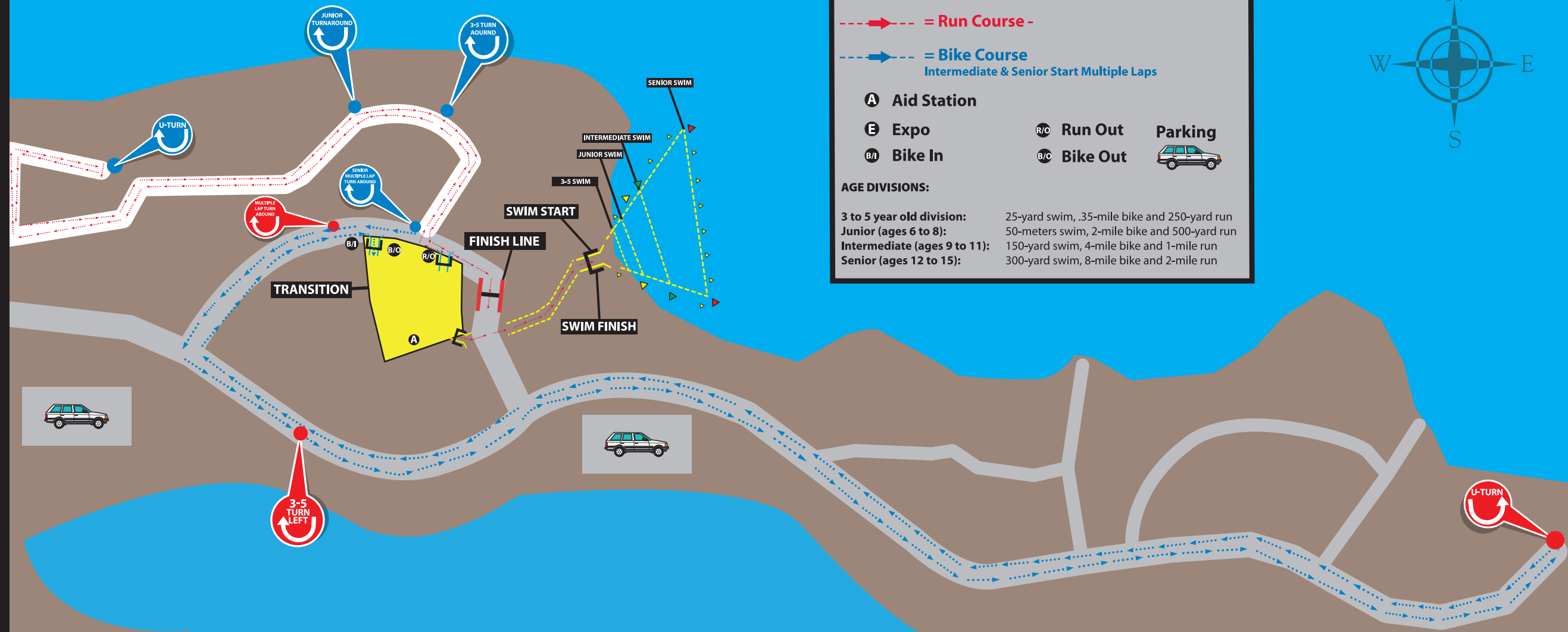
---> = Swim Course
- - -> = Run Course -
- - -> = Bike Course
 Intermediate & Senior Start Multiple Laps

A Aid Station
E Expo
B/I Bike In

R/O Run Out
B/O Bike Out

Parking 

AGE DIVISIONS:
3 to 5 year old division: 25-yard swim, .35-mile bike and 250-yard run
Junior (ages 6 to 8): 50-meters swim, 2-mile bike and 500-yard run
Intermediate (ages 9 to 11): 150-yard swim, 4-mile bike and 1-mile run
Senior (ages 12 to 15): 300-yard swim, 8-mile bike and 2-mile run



IRONKIDS™

IronKids Boulder, CO