



# **USR Recreation Youth Triathlon 2010**

## **COURSE INFORMATION**

### **Event Information**

- Children ages 8-10 : short course - swim 75 meters, 2 mile bike, 1K run
- Children ages 11 -13: long course - swim 125 meters, 5 mile bike, 2K run
- Starting Time 8:00 am

### **Swim Portion**

- The swim portion will be held at the SRV Swim Club. Five (5) participants will enter the pool at a time. When a group completes their swim portion of the race they will continue onto the bike portion and the next group will start the swim.
- Life guards will be present

### **Bike Portion**

- Numbered bike racks will correspond to the runners' numbers in the SRV club.
- Short Course route – Out of club entrance, right on East SR Rd. right on Lake St., right into Lions Park
- Long Course – Out of club entrance, right on East SR Rd., right on Lake St., right on West SR Rd., right on Old Stone Church Rd. , right on East SR Rd. right on Lake St., right into Lions Park
- Bikers will be instructed to stay on right side of all roads.
- Bikers will be required to wear helmets

### **Run Portion**

- Participants will park bikes in designated racks in Lions Park and proceed to run designated course in Lions Park
- Short Course route – 1 time around designated area in Lions Park field
- Long Course route – 2 times around designated area in Lions Park field

# Borough of Upper Saddle River

BERGEN COUNTY, NEW JERSEY

Scale: 1" = 1 Mile

- Finish at Lions Park
- A long course first, then a short course.
- 6 riders at a time max.
- Riders advised must Keep to Right

Long course- 11-14 yr olds.  
 Out of club, right/south on East Rd.,  
 right/west on Lake,  
 right/north on West Rd.,  
 right/east on OSC,  
 right/south on East Rd.,  
 right/west on Lake,  
 right into Finish at Lions Park.

Short course- 8-10 yr olds.  
 Out of club, right/south on East Rd.,  
 right/west on Lake,  
 right into Finish at Lions Park.

**Race Route**  
**Traffic Route**

