

## Kids Duathlon

Ages 6-8

## 1/4 mile Run

(distances are approximate)

RUN 1

1. Run out of UW parking lot, turn right on 5th St
2. Turn right on Sycamore Ave
3. Turn right on 7th St
4. Run into parking lot transition area


## Kids Duathlon

1.5 mike Bike
(distances are approximate)

Ages 6-8

## BIKE

1. Ride out of UW parking lot, turn right on 5th St
2. Turn right on Lincoln Ave
3. Turn right on Arlington St
4. Turn right on Cypress Ave
5. Turn left on 7th St
6. Ride into parking lot transition area


## Kids Duathlon

 1/4 mile Run (distances are approximate)Ages 6-8

