

# BEAR TRIATHLON

## Youth Triathlon - Run Course

11-15 yr olds will wear blue wrist bands.

7-10 yr olds will wear pink wrist bands.

The color of the wrist band will help our race staff direct runners to the correct turn around point on the run course.

Ages 7-8: 0.5 Mile Run

Ages 9-10: 0.5 Mile Run

Ages 11-12: 1 Mile Run

Ages 13-15: 1 Mile Run

