BIKE COURSE KEY

- **Olympic Distance**
  - 2 Laps - 40K (24.8 Miles)

- **Sprint Distance**
  - 1 Lap - 20K (12.4 Miles)

- **Mile Markers**
RUN COURSE MAP

KANSAS CITY TRIATHLON

RUN COURSE KEY

- **Olympic Distance**
  - 2 Laps - 10K (6.2 Miles)

- **Sprint Distance**
  - 1 Lap - 5K (3.1 Miles)

- **Duathlon**
  - 1st Leg - 1.5 Miles
  - 2nd Leg - 5K (3.1 Miles)

- **Mile Markers**
- **Aid Stations**
- **Trail Path**

Duathlon 1st Leg Turn Around

Swim Area

Longview Lake

RUN COURSE MAP

1. Longview Rd
2. Pittenger Rd
3. Pittenger Rd
4. Longview Rd

RUN COURSE KEY

- **Olympic Distance**
  - 2 Laps - 10K (6.2 Miles)

- **Sprint Distance**
  - 1 Lap - 5K (3.1 Miles)

- **Duathlon**
  - 1st Leg - 1.5 Miles
  - 2nd Leg - 5K (3.1 Miles)

- **Mile Markers**
- **Aid Stations**
- **Trail Path**

Duathlon 1st Leg Turn Around

Swim Area

Longview Lake