TRANSITION AREA (TA)

BIKE IN
BIKE OUT

LONGVIEW LAKE

SWIM IN
SWIM START
FINISH

RUN OUT

SWIM COURSE KEY

- **Olympic Distance**: 2 Laps - 1.5K
- **Sprint Distance**: 1 Lap - 0.5K
- Swim Clockwise

KCTRI.ORG
BIKE COURSE MAP

KANSAS CITY TRIATHLON

BIKE COURSE KEY

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

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

- **Mile Markers**

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Elevation (ft)

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<td>1080</td>
<td>936</td>
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KCTRI.ORG
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**

RUN COURSE MAP

- **1st Leg Turn Around**
- **FINISH**
- **START**
- **BIKE IN**
- **BIKE OUT**
- **SWIM IN**
- **RUN OUT**

**Duathlon**

- **1st Leg** Turn Around
- **FINISH**
- **Olympic continue straight for 2nd leg**

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