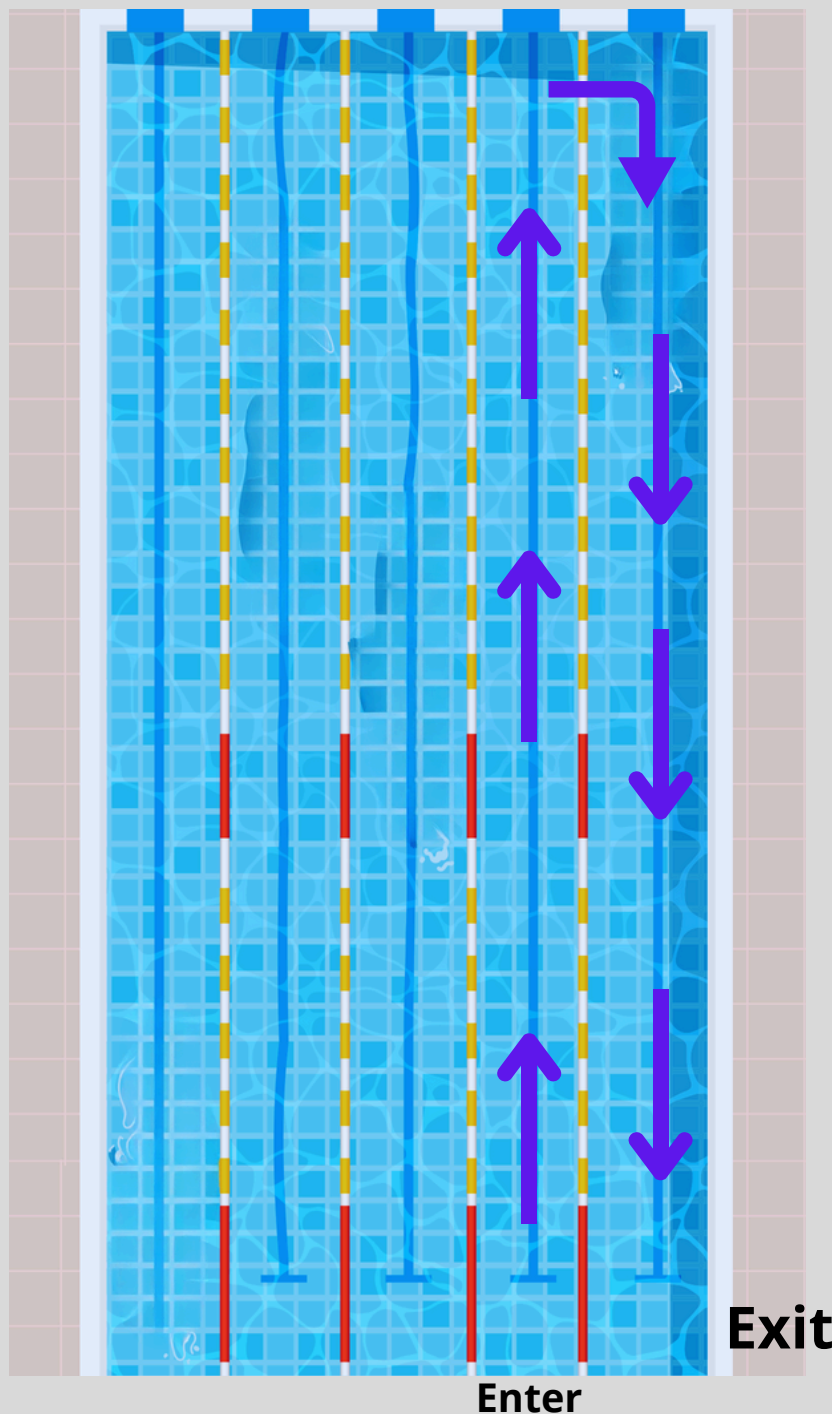


Sputniks Swim

The swim will be 2 lengths of the pool (50 Yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.** Athletes registered as a **BEGINNER SPUTNIK** will be lined up first and may have one parent/guardian assist throughout the race.



Sputnik Bike

The bike is approximately 1.5 miles

Athletes will exit transition to mount their bikes at the mount/dismount line and go to the RIGHT. Volunteers will be present to direct athletes where to go. Athletes will make one loop of the mapped course and return to transition to start the run.

**Bike 1 loops
1.5 Miles**

Pool

Transition

Parking

327

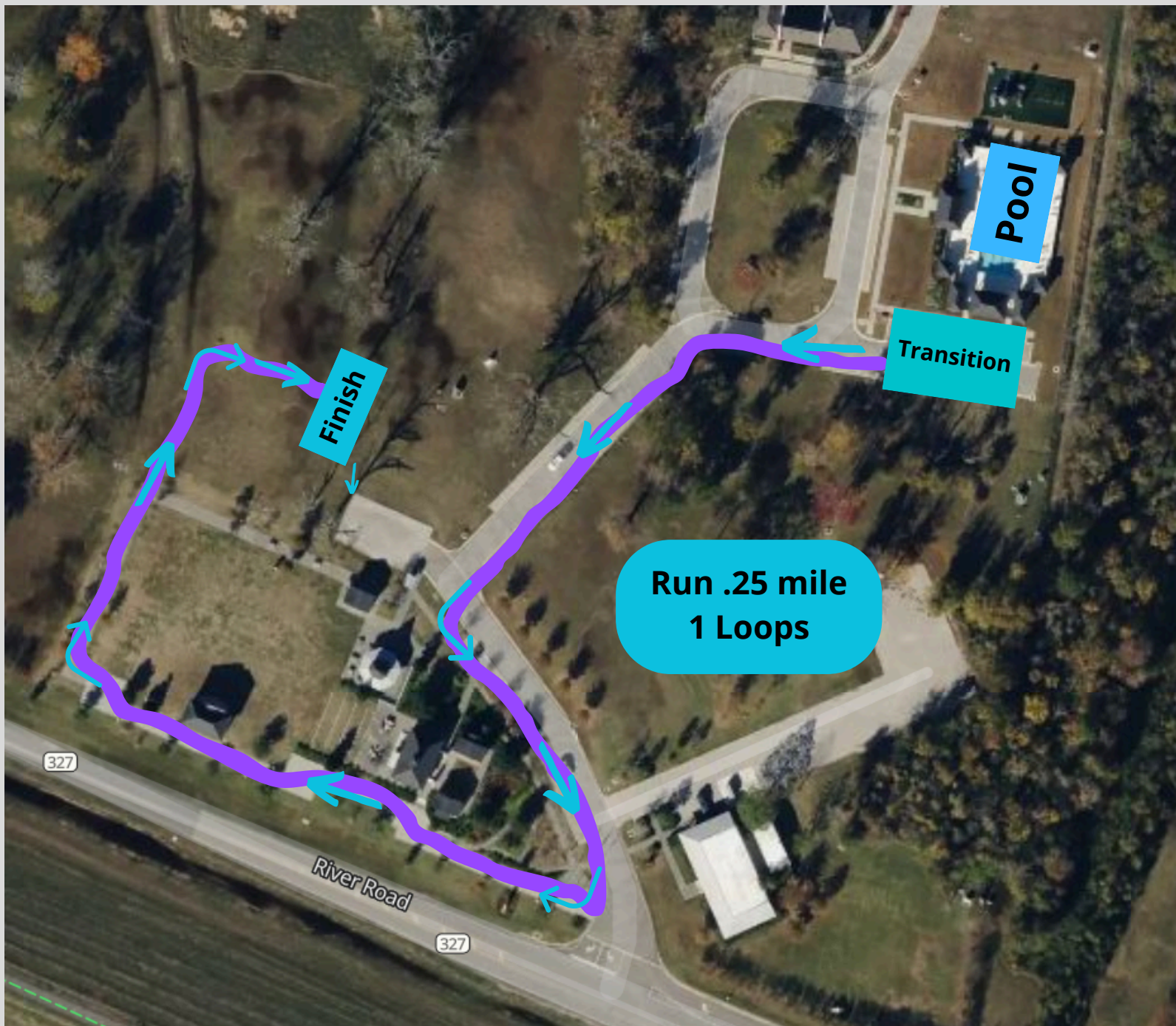
River Road

327

The bike and run courses will be marked with Tape and volunteers will be assisting as well.

Sputnik Run

The run is approximately .25 miles



Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will run **1 loop** of the course go from transition to the finish line along the mapped course above.