

YMCA Youth Duathlon

Short Course

(5-7 - Run 1/8 mi., Bike 1/2 mi. Run 1/8 mi.)

Bike

Run



YMCA Youth Duathlon

Medium Course

(8-11 - Run 1/4 mi., Bike 3/4 mi. Run 1/4 mi.)

Two Bike Loops

Run



YMCA Youth Duathlon

Long Course

(12-15 - Run 1/2 mi., Bike 2.6 mi. Run 1/2 mi.)

Run

Bike around Lake

