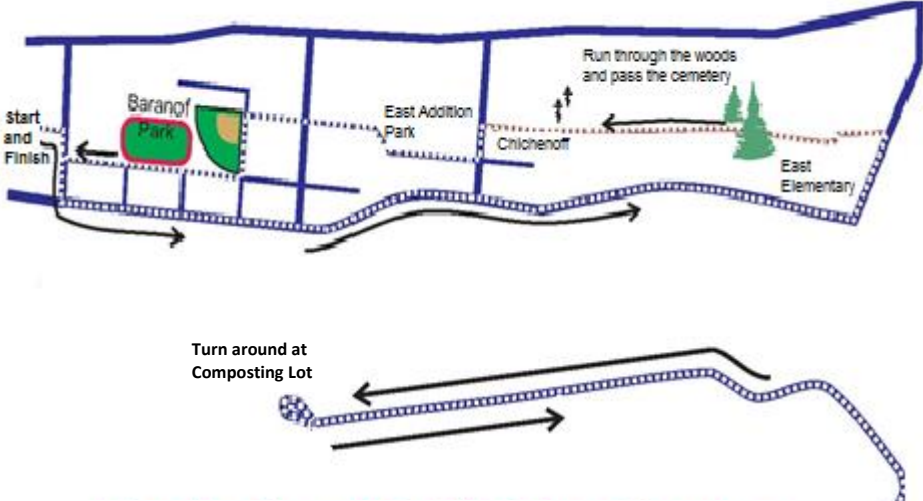


Earth Day 5-K Run Course



Earth Day 20-K Bike



2024 Earth Day Triathlon
City of Kodiak Parks & Recreation
410 Cedar Street, Kodiak, AK 99615

EARTH DAY

Triathlon/Duathlon

Saturday, April 27 at 9 a.m.

8:45 a.m. Pre-race briefing in the swimming pool foyer. Course routes will be described, safety concerns addressed, questions answered.

9 a.m. The first heat of swimmers, with heats every 30 minutes as needed.

1 p.m. Race completion by all.

2 p.m. Awards Ready for pick up at Teen Center

Triathlon Race Format:

12 swimmers will be in the pool at one time—
2 swimmers per lane.

Please bring a person to count your laps!

All divisions begin at the swimming pool and end at The POOL. The swim is 22 laps (1-K). The run is 3.1 miles (5-K), and goes from the pool to East Elementary and back. The bike is 12.4 miles (20-K) from the pool to the Composting lot and back to the POOL.

Duathlon Race Format:

All divisions begin at the swimming pool and end at The POOL. The run is 3.1 miles (5-K), and goes from the pool to East Elementary and back. The bike is 12.4 miles (20-K) from the pool to the Composting lot and back to the POOL. The run is 3.1 miles (5-K), and goes from the pool to East Elementary and back.

Divisions are as follows:

- 1.) Open mixed team
- 2.) Youth team (all members ≤ 18 years old)
- 3.) Individual Men's ≤ 19 , 20-29, 30-39, ≥ 40 .
- 4.) Individual Women's ≤ 19 , 20-29, 30-39, ≥ 40 .

Register at the Teen Center.

Fee is \$30 per participant.

