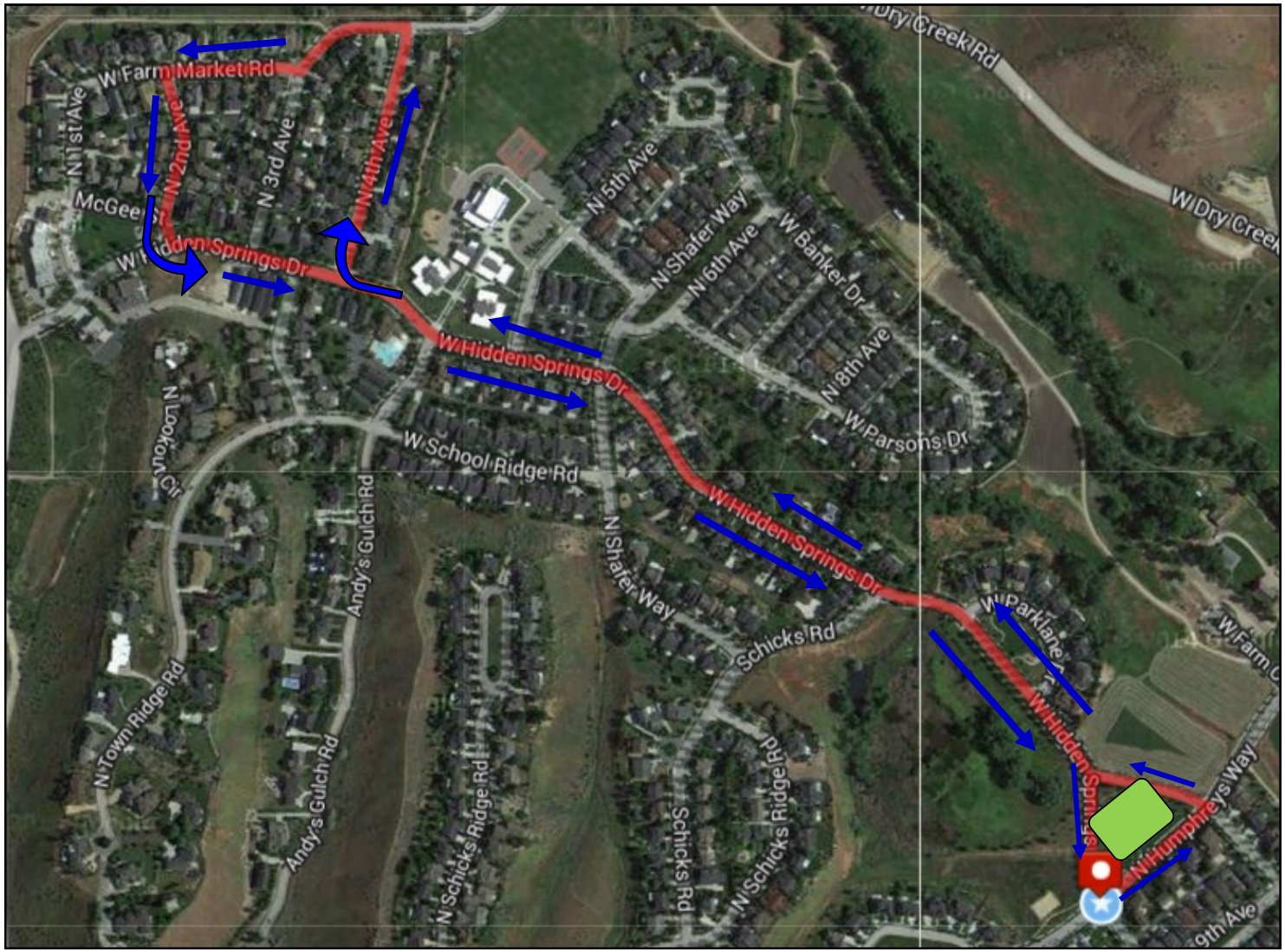
# RODS Jr Youth Tri at Hidden Springs

## Bike 5K (12 &under) & 10K (13 & Up) Course




**Bike Directions**

**Starting on N. Humphreys Way, left onto W. Miners Farm Way, continue onto Miners Farm Drive, it will turn into Hidden Springs Dr., turn right at 4th Ave., left onto W. Farm Market Rd., then turn left onto N. 2nd Ave., then a left back onto Hidden Springs Drive. Stay to the right as you come to back to Transition.**

**12 & Under = 1 LAP**

**13 & Up = 2 LAPS**

**= Transition Area**

**We have bike numbers this year.! Be sure to place your bike number somewhere on your bike.**