

Feet (Y) / Miles (X)

Copyright 2008 MapMyFitness, Inc

PALI TRI -- PACIFIC PALISADES TRIATHLON

8:00 am Sunday, October 23, 2011, Palisades Charter High School, Pacific Palisades

ROTARY CLUB OF PACIFIC PALISADES

5K RUN (yellow) -- Start at track, do 2 laps, through the tunnel, around the school, and do one lap around the neighborhood course, counter clockwise. Enter Transition area at stadium parking lot west of the field.

10K BIKE (purple) -- 3 laps around the neighborhood course, counter clockwise. Separate lanes for runners and bikers.

150m SWIM (blue) -- Go from Transition area, through the tunnel, to the new pool, and swim 6 lengths of the pool (150 meters). Finish just outside pool.

5K COMMUNITY RUN (yellow) -- Same start & finish as Triathlon, 2 laps around track, around school, and 1 lap around the neighborhood course, but skips the Transition area.



Palisades High School

SUNSET BLVD. -- parking

POOL

FINISH outside pool

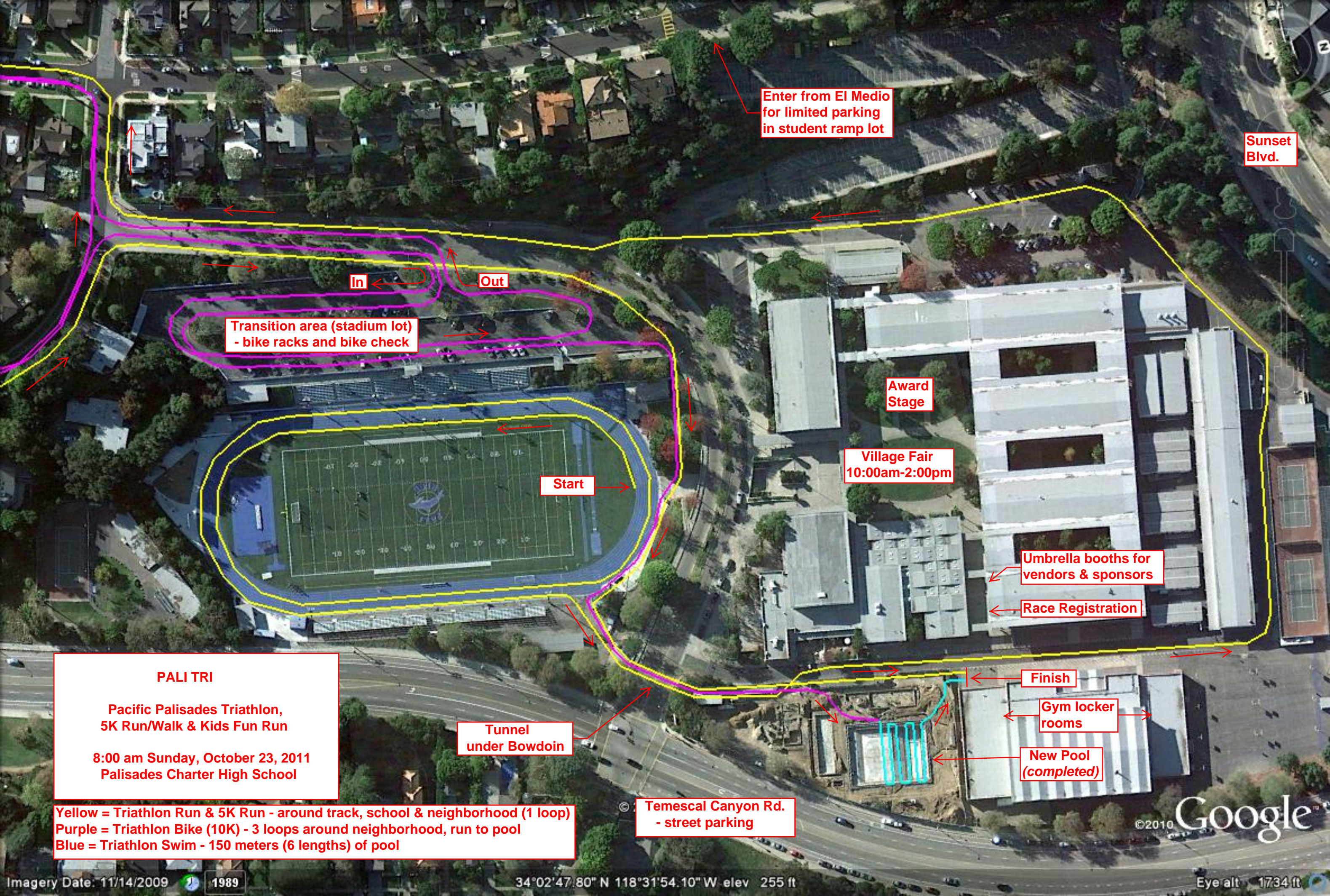
TUNNEL

START on track -- 2 laps

TRANSITION (bike & bag storage area) at stadium parking lot -- no parking

TEMESCAL CANYON RD. -- parking

To PACIFIC COAST HWY (PCH), State 1, and Will Rogers State Beach



Enter from El Medio
for limited parking
in student ramp lot

Sunset
Blvd.

In

Out

Transition area (stadium lot)
- bike racks and bike check

Award
Stage

Village Fair
10:00am-2:00pm

Start

Umbrella booths for
vendors & sponsors

Race Registration

PALI TRI

Pacific Palisades Triathlon,
5K Run/Walk & Kids Fun Run

8:00 am Sunday, October 23, 2011
Palisades Charter High School

Tunnel
under Bowdoin

Finish

Gym locker
rooms

New Pool
(completed)

Temescal Canyon Rd.
- street parking

Yellow = Triathlon Run & 5K Run - around track, school & neighborhood (1 loop)
Purple = Triathlon Bike (10K) - 3 loops around neighborhood, run to pool
Blue = Triathlon Swim - 150 meters (6 lengths) of pool

©2010 Google