



**Tri For Joe at Coney Island**  
 TRI: 700m Swim - 20k Bike - 5k Run  
 DU: 5k Run - 20k Bike - 5k Run  
 5k Run/Walk  
 KIDS FUN RUN

- Police or Rangers
- Bike Course (20k - Out & Back)
- Run Course (5k - Out & Back)
- Volunteers
- T.A. Transition Area

