

29th Annual Buffalo Triathlon

Race Information Course Maps on reverse side

Swimmers:

- Please write your number in a Sharpe marker on either left arm or calf.
- If you are swimming on Friday night please bring a lap counter with you.
- Please bring your own towel.

Cyclists:

- Helmets are mandatory!
- Please wear your bib number on front of your shirt.
- Please write bib number on your left arm or leg.
- You will be assigned a transition station number which will corresponded with you bib number.
- Cyclists enter north end of YMCA parking lot.

Runners:

- Please wear your bib on front of your shirt.
- Runners exit south end of YMCA parking lot.

Biking to Running Transition Area

