



**ROCHESTER**

**RUN COURSE  
INFORMATION**



2008 Olympian  
Jarrod Shoemaker

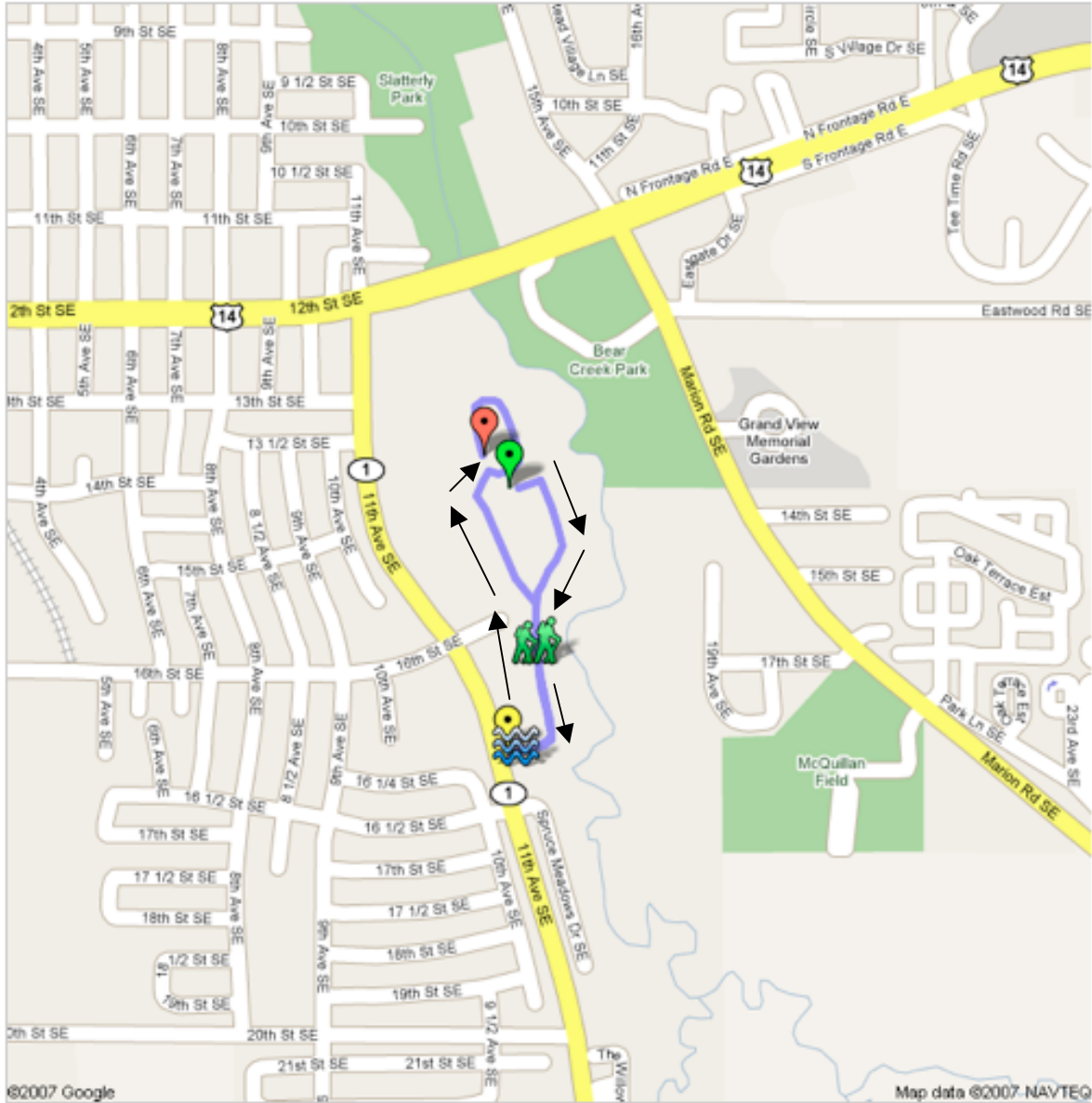
**MAYO HIGH SCHOOL  
STADIUM AREA**

**COURSE MAP, INFORMATION**



# Run Course Safety

- Run course entirely on Mayo High School grounds
- Run course starts at Transition Point 2 in the Mayo High School practice field adjacent to the stadium.
- Runners leave T2 and follow the course into the stadium to the finish line area on the running track.
- Volunteer Course Marshals
  - 20 volunteers on the run course in brightly colored shirts to direct participants.
  - Water available after T2, at the turnaround point and at the finish line area.
- Point to Point
  - 7-8 year olds: 1/4 mile Point to Point
  - 9-11 year olds: 1/2 mile Point to Point
  - 12-14 year olds: 1 mile Out and Back

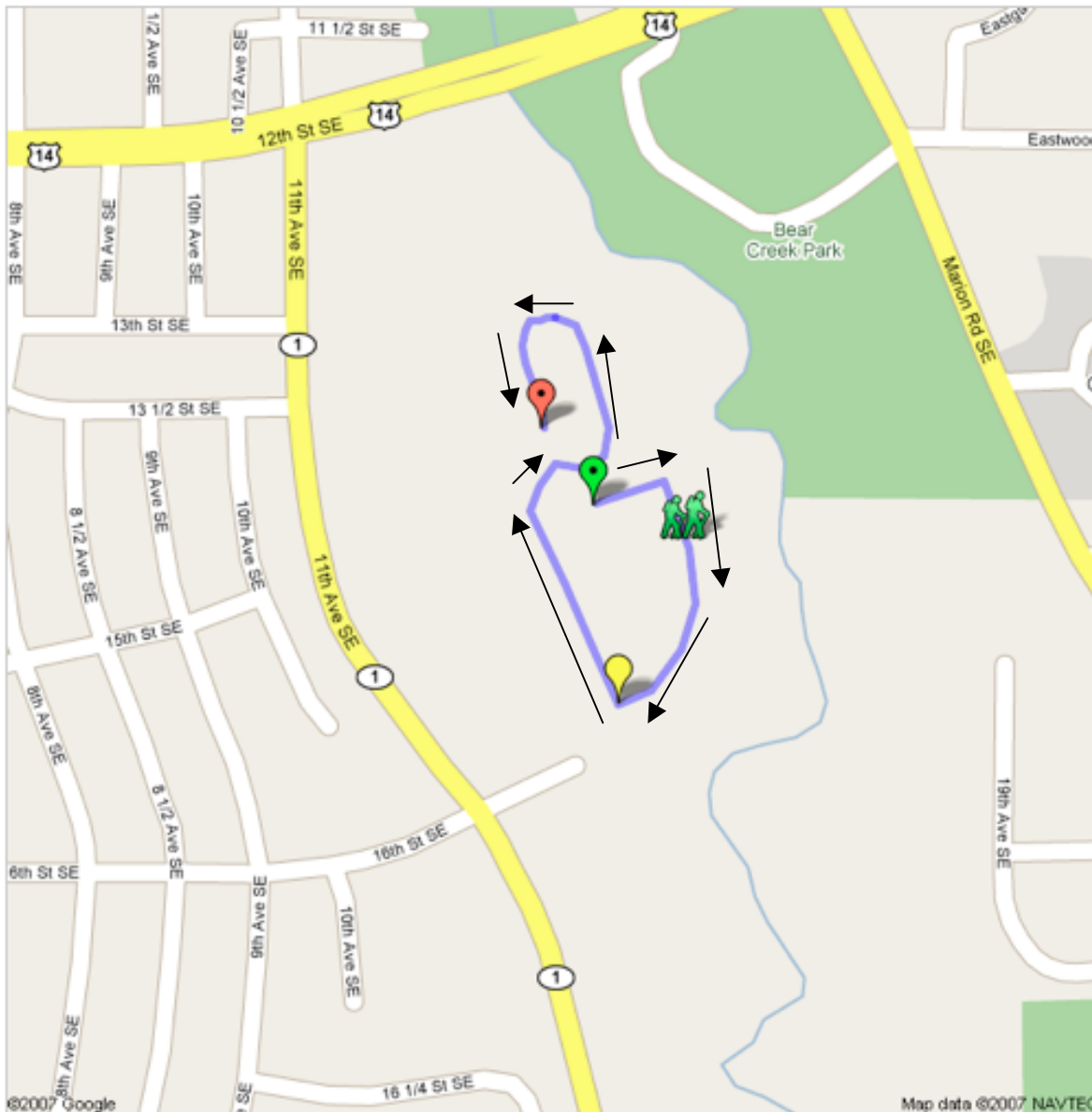


**Hy-Vee/Hormel Rochester Kids Triathlon 12-14 yr old Run Course**

This map shows the run course for the 12-14 year olds, equal to 1.0 mile. The course leaves T2 at the field next to the stadium and heads south on the walking path to the turnaround point near 11th Ave SE. The course returns north to the stadium for the finish. This course has a water station at the turnaround point.

0 views - Public

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**Hy-Vee/Hormel Rochester Kids Triathlon 9-11 yr old Run Course**

This map displays the 9-11 year old Run course at Mayo High School. The run takes kids out of T2 south on the trail to the turning point cone. Runners will head north back to the stadium to finish. Total length: 1/2 mile

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By [Willam](#)



**Hy-Vee/Hormel Rochester Kids Triathlon 7-8 yr old Run Course**

This map displays the 7-8 year old run course at Mayo High School. From T2, the runners head directly into the stadium for one lap around the track counter clockwise to the finish line. Total distance: 1/4mile.

0 views - Public

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