





**Tri For Joe at Coney Island**  
 TRI: 700m Swim - 30k Bike - 5k Run  
 DU: 5k Run - 30k Bike - 5k Run  
 5k Run/Walk  
 KIDS FUN RUN

-  Police or Rangers
-  Bike Course (30k - Out & Back)
-  Run Course (5k - Out & Back)
-  Volunteers
- T.A. Transition Area

