

Triathlon Lab Bike Course

Sprint: two loops, 6 miles

Mini Sprint: one loop, 3 miles

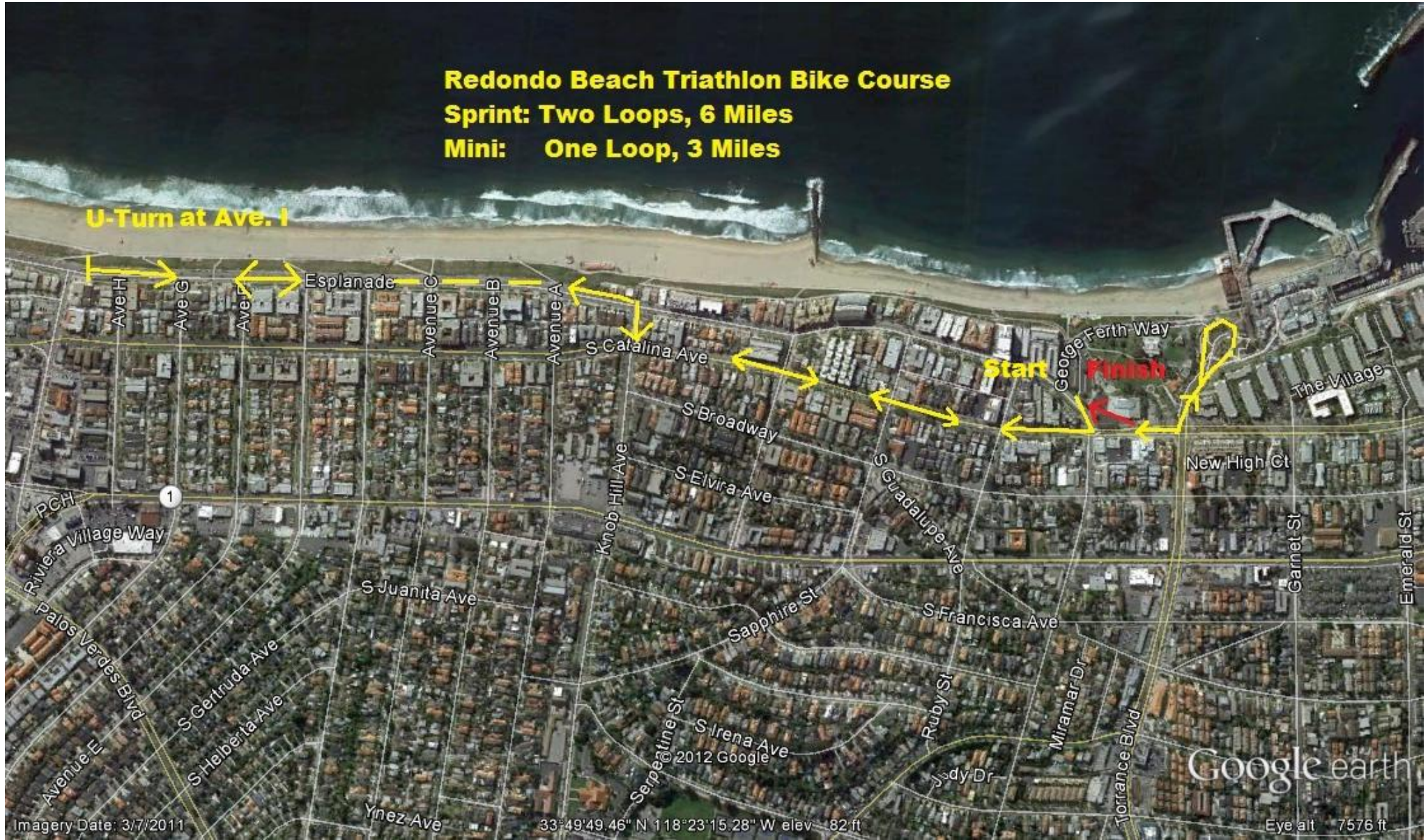
Sprint/Mini Sprint: Walk your bike out of transition, mount your bike, turn left onto Esplanade, then right onto Catalina Avenue. After 4 blocks, turn right on Knob Hill, then a quick left onto Esplanade. Ride to Avenue I then make a U-turn. Backtrack to Torrance Blvd. where you will turn left and head down towards the pier on the Torrance Loop. Looping back up the hill remember to **stay to the left of the cones if you are doing a second lap** continuing on Catalina. **Stay to the right of the cones if you are finishing the bike**, merging right off of Catalina and onto the road in front of the Elks Lodge. Just pass the Elks Lodge be prepared to dismount, walking your bike into the transition area to rack your bike and start your run.

Redondo Beach Triathlon Bike Course

Sprint: Two Loops, 6 Miles

Mini: One Loop, 3 Miles

U-Turn at Ave. I



Imagery Date: 3/7/2011

33°49'49.46" N 118°23'15.28" W elev 82 ft

Eye alt 7576 ft