

# Lake Lurleen State Park

13226 Lake Lurleen Rd. • Coker, AL 35452  
Tuscaloosa County

**Information and Reservations:**  
**205-339-1558**

[www.alapark.com](http://www.alapark.com)



**After Hours Emergency  
Park Ranger:**  
**(205) 361-0381**

**Park Manager:**  
**(205) 210-2005**

**Campground Hosts:  
Designated by sign at  
campsite. See  
Entrance Station for  
more information.**

## 2024 Triathlon

### Course Legend

- |   |         |
|---|---------|
| Swim at Beach Area                              | #1      |
| Bike Racks / Transition 1 & 2                   | #2      |
| Bike course (2 mile loop)                       | B, C, D |
| 5-7 age group bike turn around                  | #3      |
| Run (.75 mile loop)                             | A       |
| 5-7 age group run turnaround<br>(end of bridge) | #4      |
| 8-10 age group run turnaround<br>(camp site 5)  | #5      |
| Parking only available at<br>Entrance Station   | #6      |





Alabama Credit Union presents

# TUSCALOOSA KIDS TRIATHLON



## Distances by age group:

Ages 5-7: Swim 25 Yds, Bike 1 Mile, Run .25 Mile

Ages 8-10: Swim 50 Yds, Bike 2 Miles, Run .50 Mile

Ages 11-13: Swim 100Yds, Bike 4 miles, Run .75 Mile

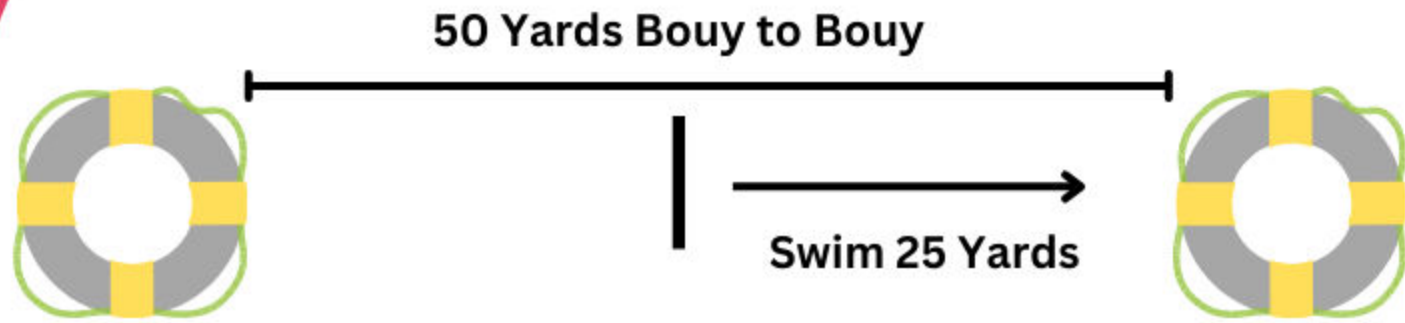
Ages 14-16: Swim 150 Yds, Bike 6 Miles, Run .75 Mile



# SWIM MAP



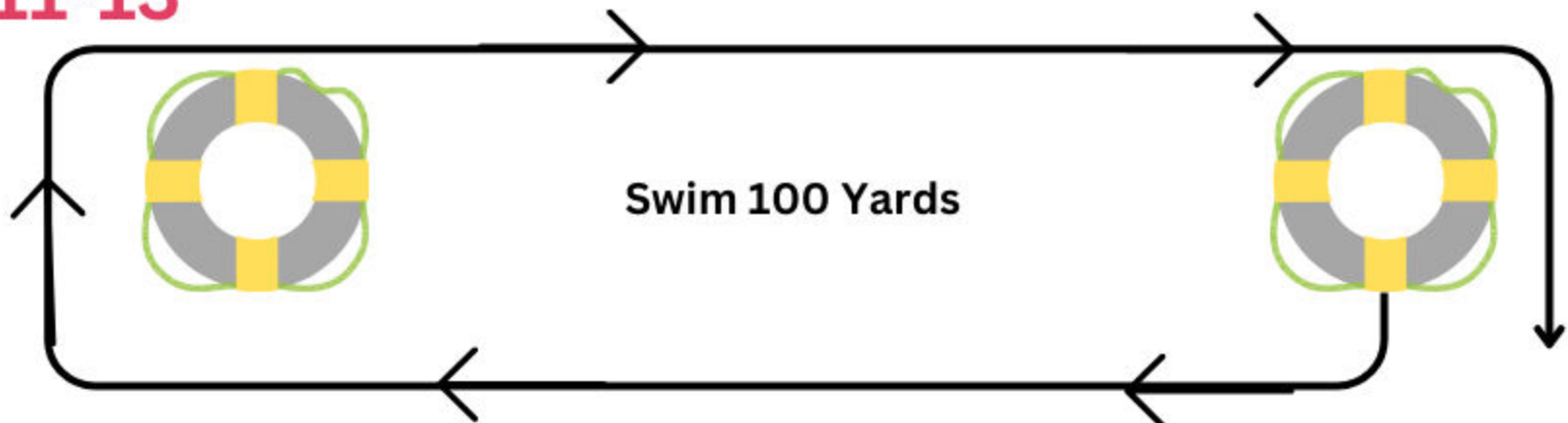
## Ages 5-7



## Ages 8-10



## Ages 11-13



## Ages 14-16

