



BIKE & RUN TRAIL MAP

➤ Biking path ➤ Running path

| AGE (years) | SWIM (yards) | BIKE (miles) | RUN (miles) |
|----------------|-----------------|-----------------|----------------|
| 6-8 | 25 | 1.3 | .6 |
| 9-11 | 75 | 2.6 | 1.2 |
| 12-14 | 125 | 3.9 | 1.7 |



Oak Brook
Park District
A National Gold Medal Agency

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