

TRI for BCCkids.org with Hector Picard

Routes



5 Mile (group) Swim

Start Location: Fort Lauderdale Beach Park (Las Olas)
Time: Saturday, May 3rd @ 7 AM

The 5 mile (group) swim starts at Fort Lauderdale Beach and heads north to the Commercial Blvd. pier. Swimming will be at a maximum 50 yards from the beach. It is expected to take 4 hours.



200 Mile (group) Bike

Start Location: Commercial Blvd. Pier (Lauderdale by the Sea)
Time: Saturday, May 3rd @ 12:30 PM

The 200 mile (group) ride starts at the Commercial Blvd. Pier and heads south to Fort Lauderdale Beach Park then north to Palm Beach then south again for two loops. It is expected to take 14 hours with 8 hours of it at night. We will be cycling past the start location on Miles 11, 84, 95, 168, 179, and 190 and finish at The Pompano Beach Dog Park.



50 Mile (group) Run

Start Location: Pompano Beach Dog Park
Time: Sunday, May 4th @ 7 AM

The route is a runner/walker friendly one and will encourage community participation. It will begin in the parking lot adjacent to the Pompano Beach dog park. It will be 11 loops around the Pompano Beach Air Park and then a 1.6 mile run to the finish at the Broward Children's Center. Several of the children at the center will complete the last 100 yards and cross the finish line with Hector @ 7PM

Broward Children's Center - 200 SE 19th Ave - Pompano Beach, 33060

For More Information or to Donate visit www.BCCkids.org