



With new and improved mobility choices, exploring the newly connected Santa Monica is both easy and fun. Here is a tryathlon worksheet to help you start planning your next adventure by foot, bike, bus, or train!

For inspiration on what other leaders like Tom Carroll of Tom Explores Los Angeles did for his tryathlon, visit smgov.net/tryathlon.

What is the theme of your tryathlon?

Examples: Food, history, workout, nature, art, happy hour, family-friendly, etc.

Where will your tryathlon start?

Examples: Home, nearby Expo station, local cafe, a location that's related to your theme, etc.

Where will you go next?

Put together a list of different locations that fit your theme. For example, food is the theme of our tryathlon. Some places we will visit are Cha Cha Chicken, Philz, and Sidecar Doughnuts.

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How will you get there?

Map your route by adding these locations on Google Maps. Choose the transit option to find how to get there by foot, bike, bus, or train. *TIP: Believe it or not, walking may sometimes be the faster option! Five to seven locations is a good start, but feel free to do more or fewer stops.*

Stops	Mode	How long will it take?
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Mark your tryathlon date on your calendar and gather a small group to join you.

If you're inviting friends or making this a public event, try creating a Facebook event. It's always a good idea to send a friendly reminder a day or two before it happens.

On the day of your tryathlon, snap photos along the way and remember to share on social media using #GoSaMo. If you would like your tryathlon to be featured, please send details of your route and photos to communications@smgov.net.