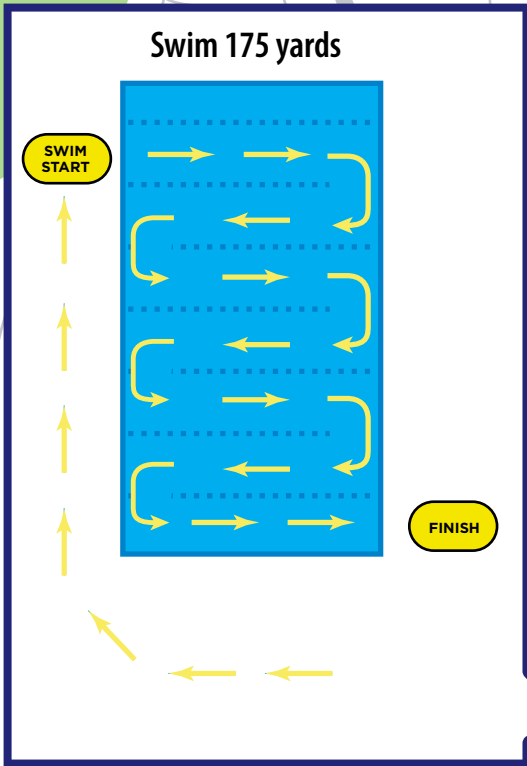


Swim 175 yards



Run Course (3.1 Mi)

Bike Course (8 Mi)



3.1 mile run, 8 mile bike, 175 yard pool swim