

## TRIATHLON

Swim: 300 Meters (3 laps)

Bike: 12 Miles (2 Loops)

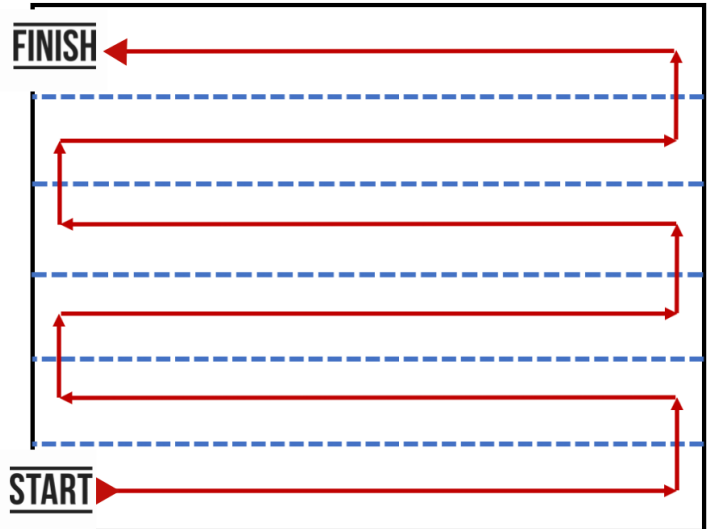
Run: 5k (3.1 miles)

## AQUABIKE

SWIM: 300 Meters (3 Laps)

Bike: 12 Miles (2 Loops)

# SWIM COURSE MAP





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Swim: 300 Meters (3 laps)

Bike: 12 Miles (2 Loops)

Run: 5k (3.1 miles)

## AQUABIKE

SWIM: 300 Meters (3 Laps)

Bike: 12 Miles (2 Loops)

## 5K FUN RUN

Same Route as Triathlon Run Course

# BIKE & RUN COURSE

