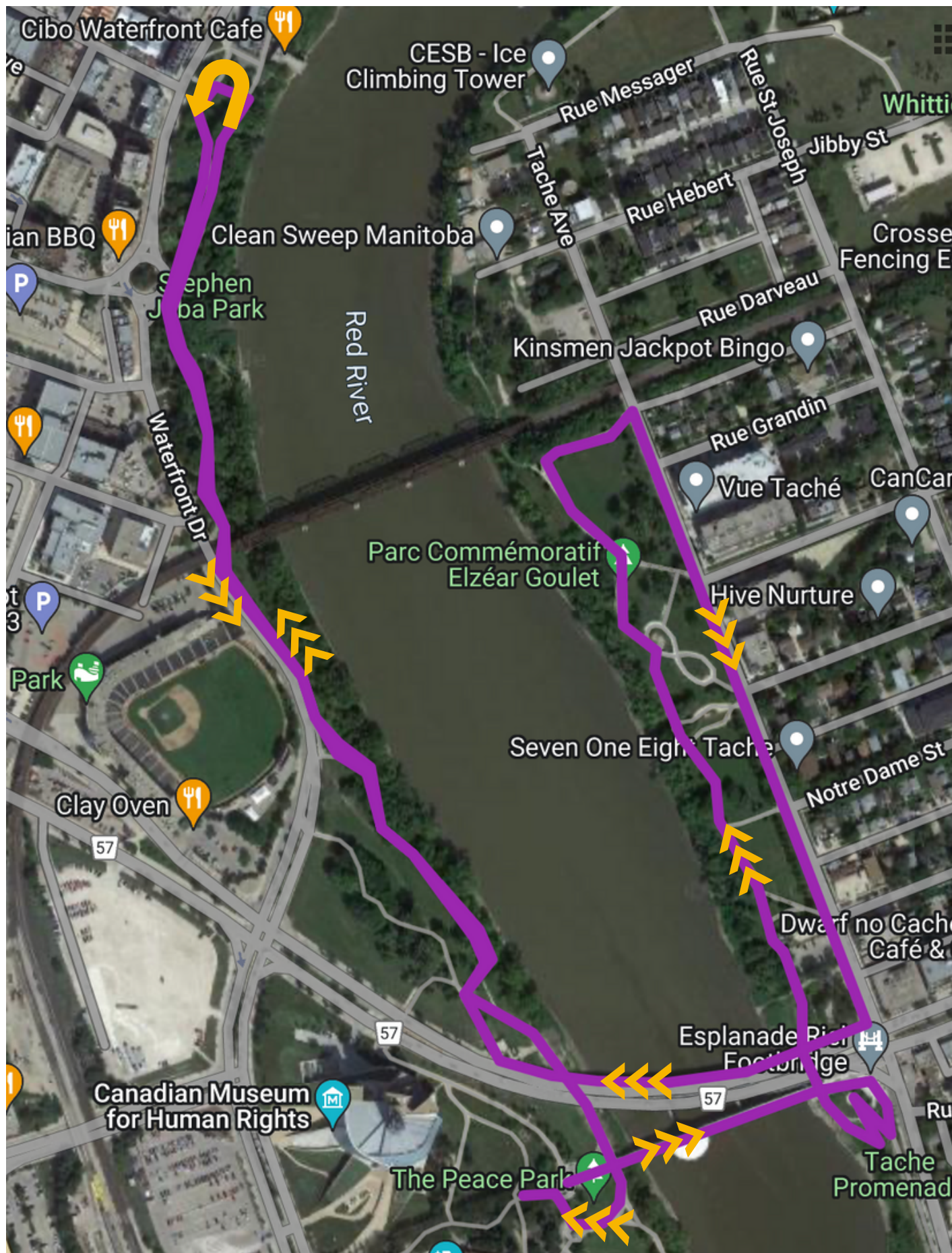


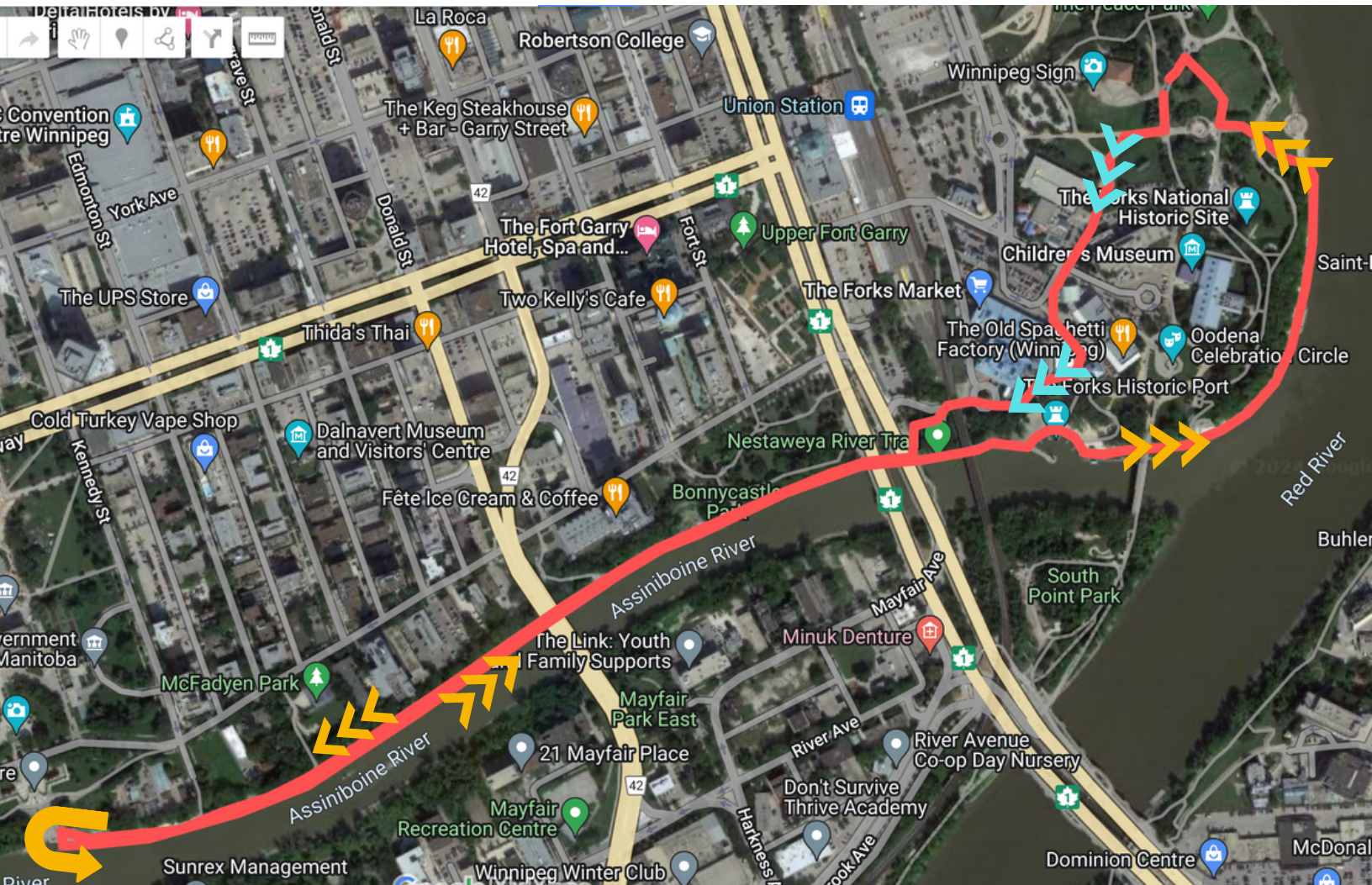
Run: leg 1 - 4.2 KM



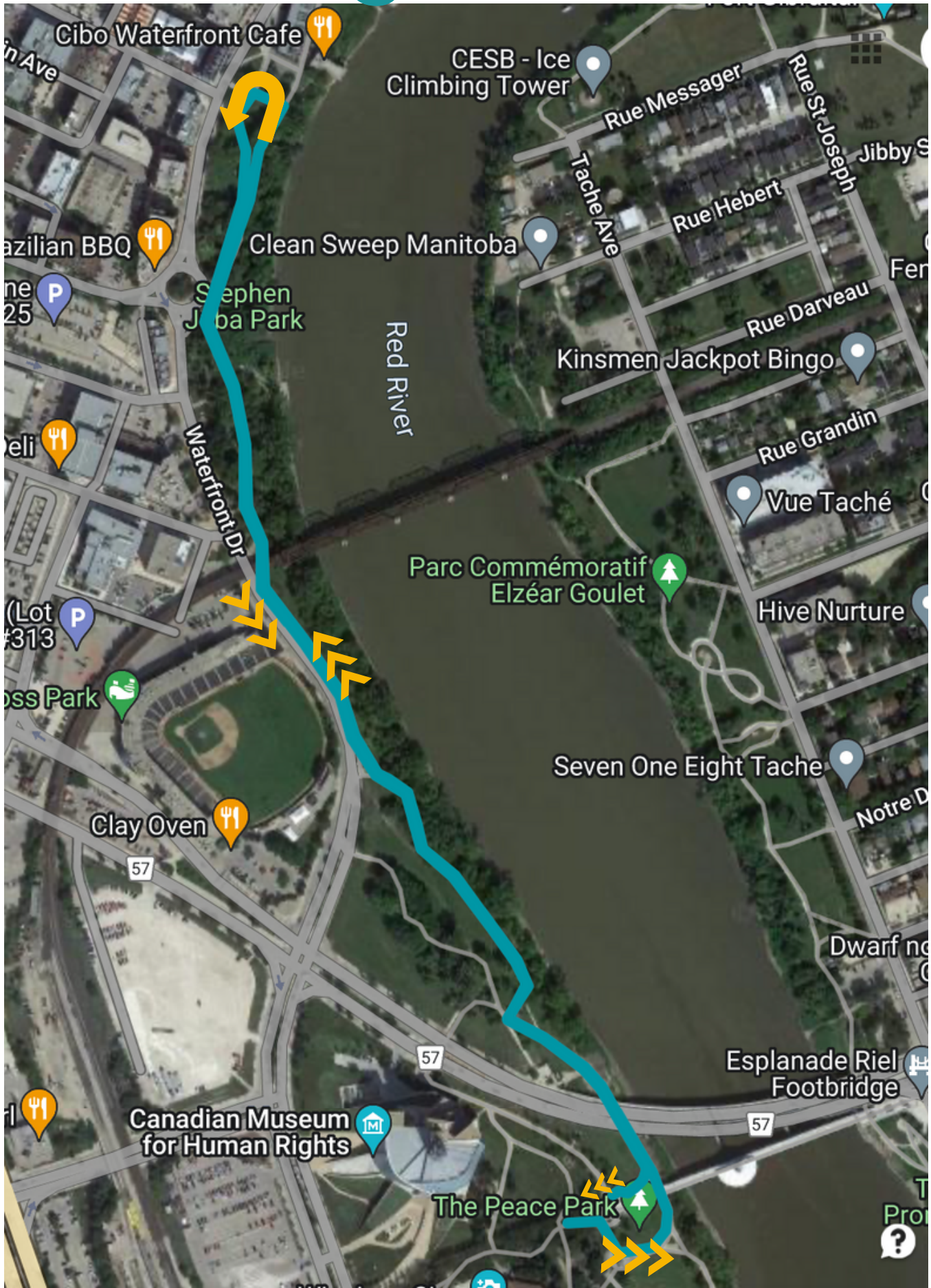
Bike: leg 2 - 3.6 KM

➤➤➤ Direction of travel

➤➤➤ **SLOW ZONE:** this section is on the route, but is NOT TIMED. Consider it a recovery segment to get your legs under you before passing through the next timing point on the main river walk trail. Follow all marshall directions.



Run: leg 3 - 2.5 KM



Transition & Relay Exchange Zone



Run IN (leg 1)



Bike IN (leg 2)



Bike OUT (leg 2)



Run OUT (leg 3)

