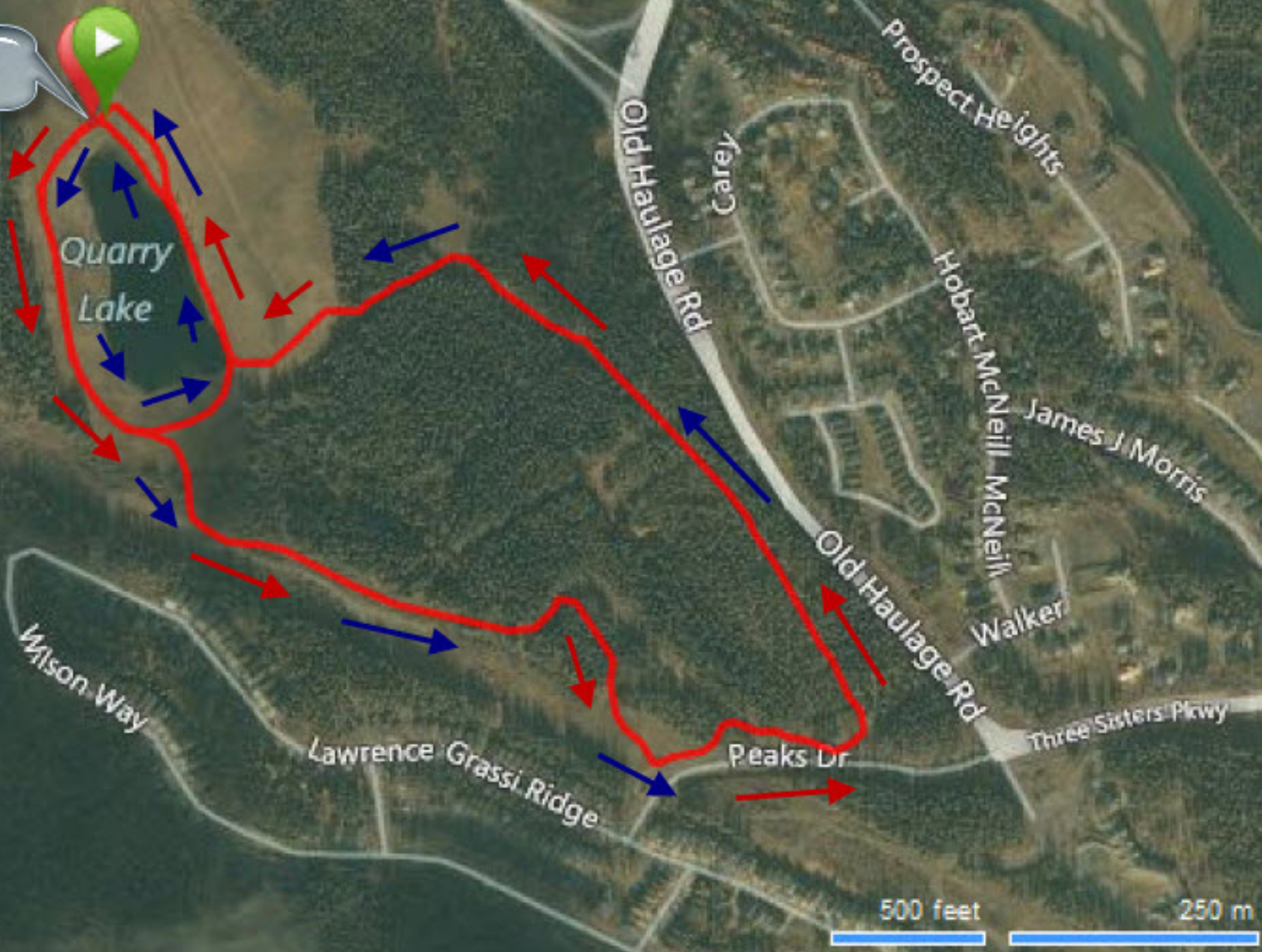


Start / Finish



Duathlon Run Course # 1



Sprint Course completes one large outer loop



Full Course completes a small loop around the lake before completing the large outer loop