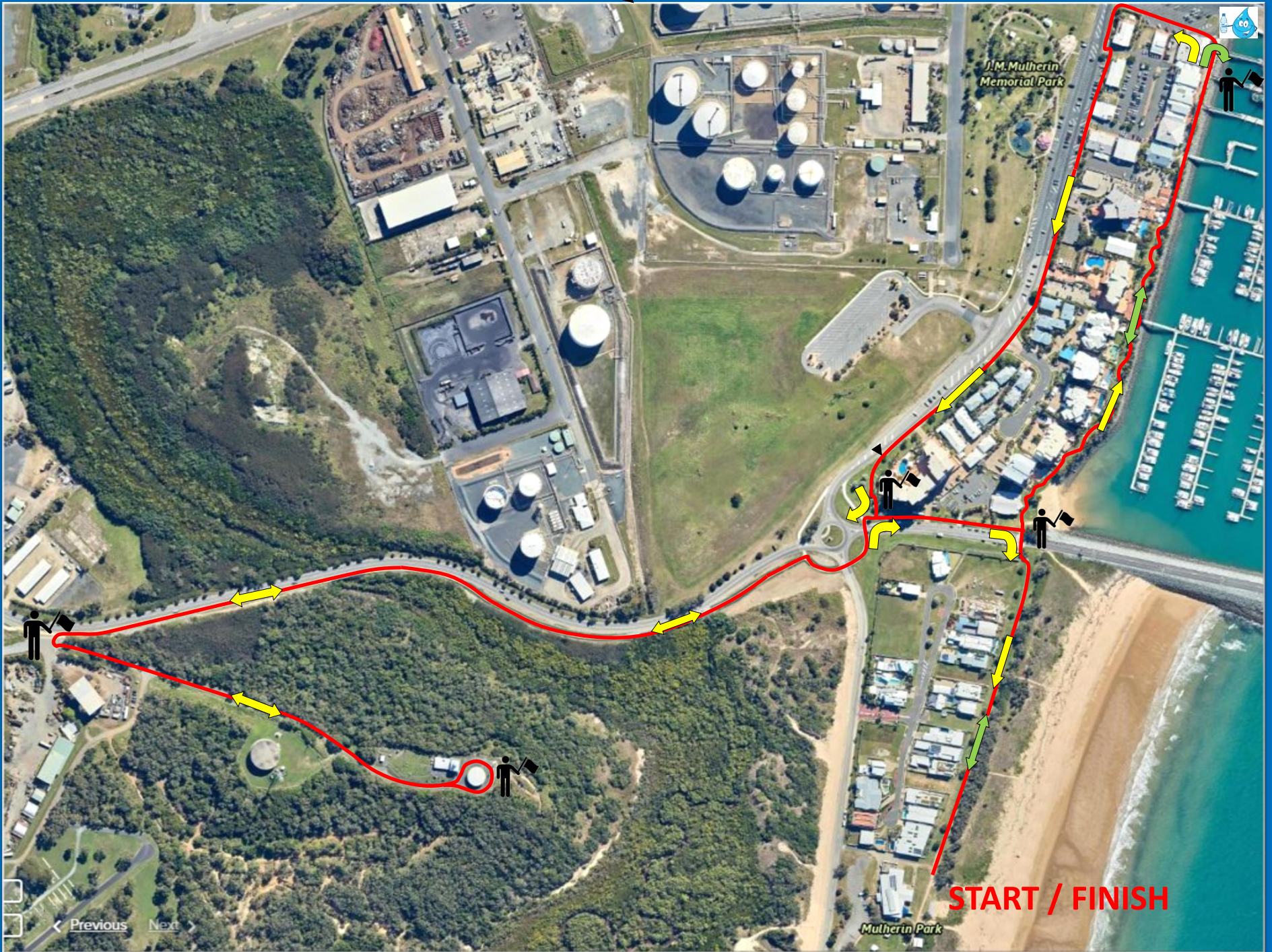




# LAURA'S TRIATHLON RUN COURSE



**SPRINT—1 Lap—5 km**



**ENTICER—Out & Back—2km**



**Water Station**



**Course Marshal**