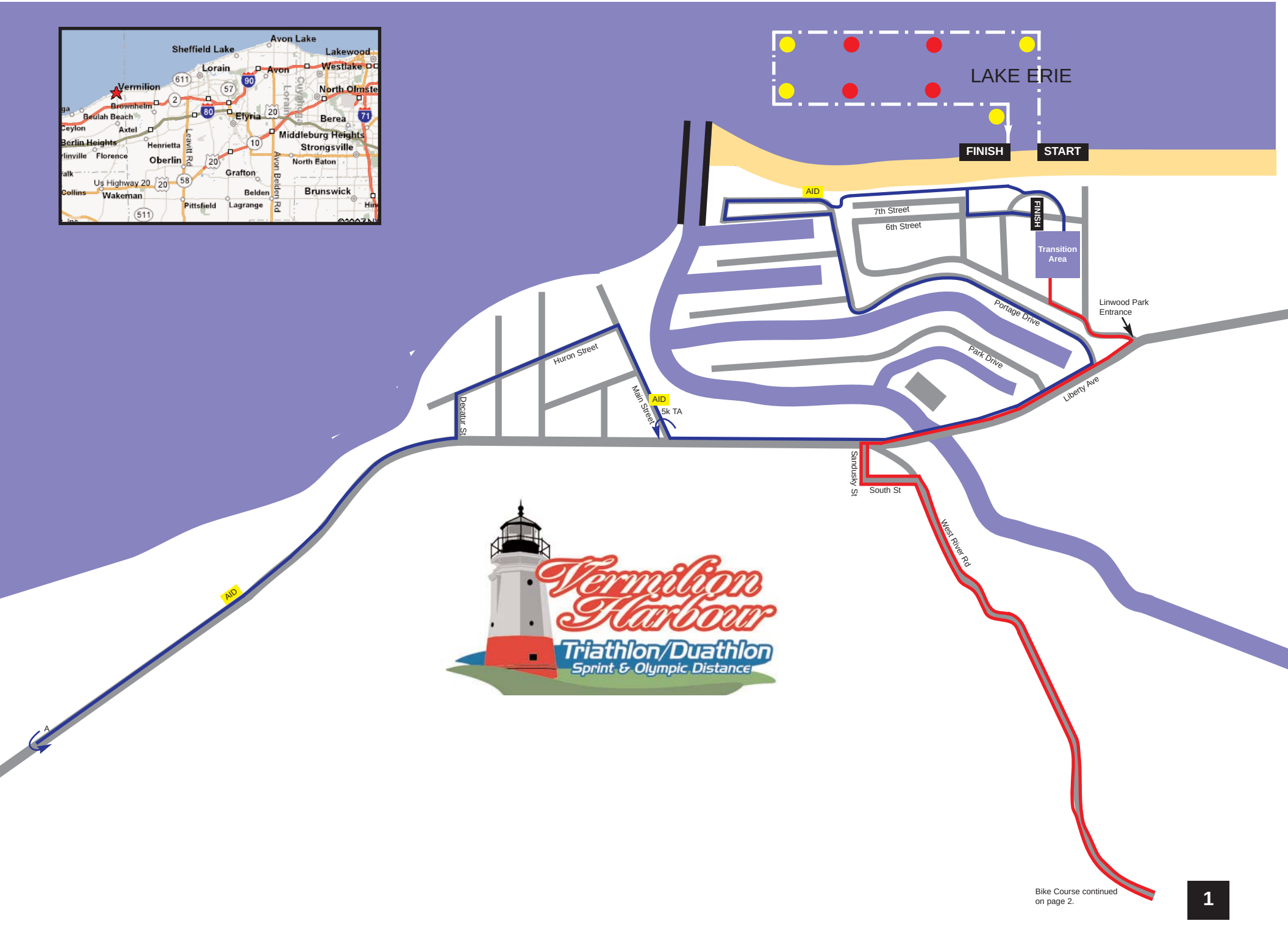
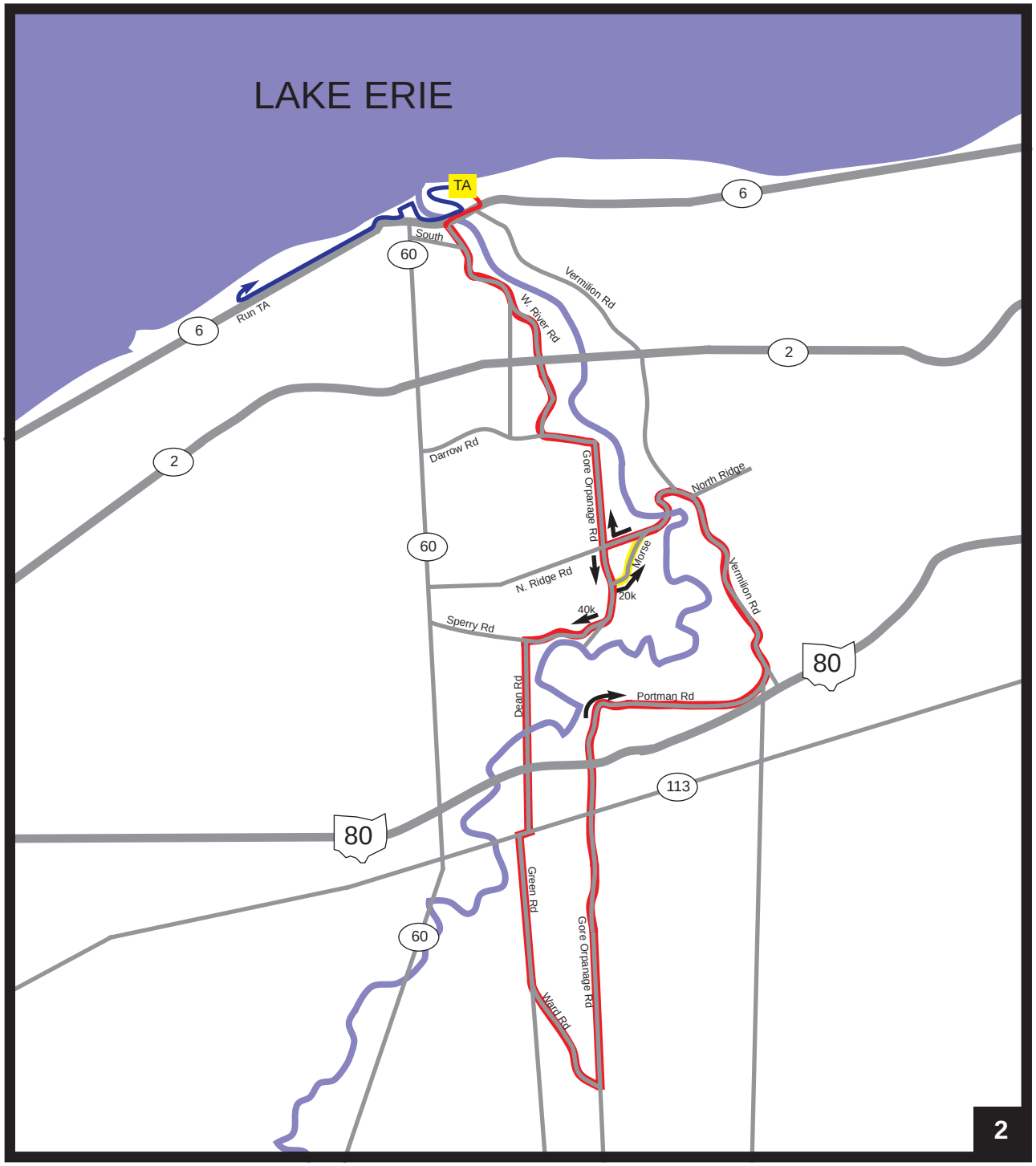


Bike Course continued on page 2.

Vermilion Harbour
Triathlon/Duathlon
Sprint & Olympic Distance