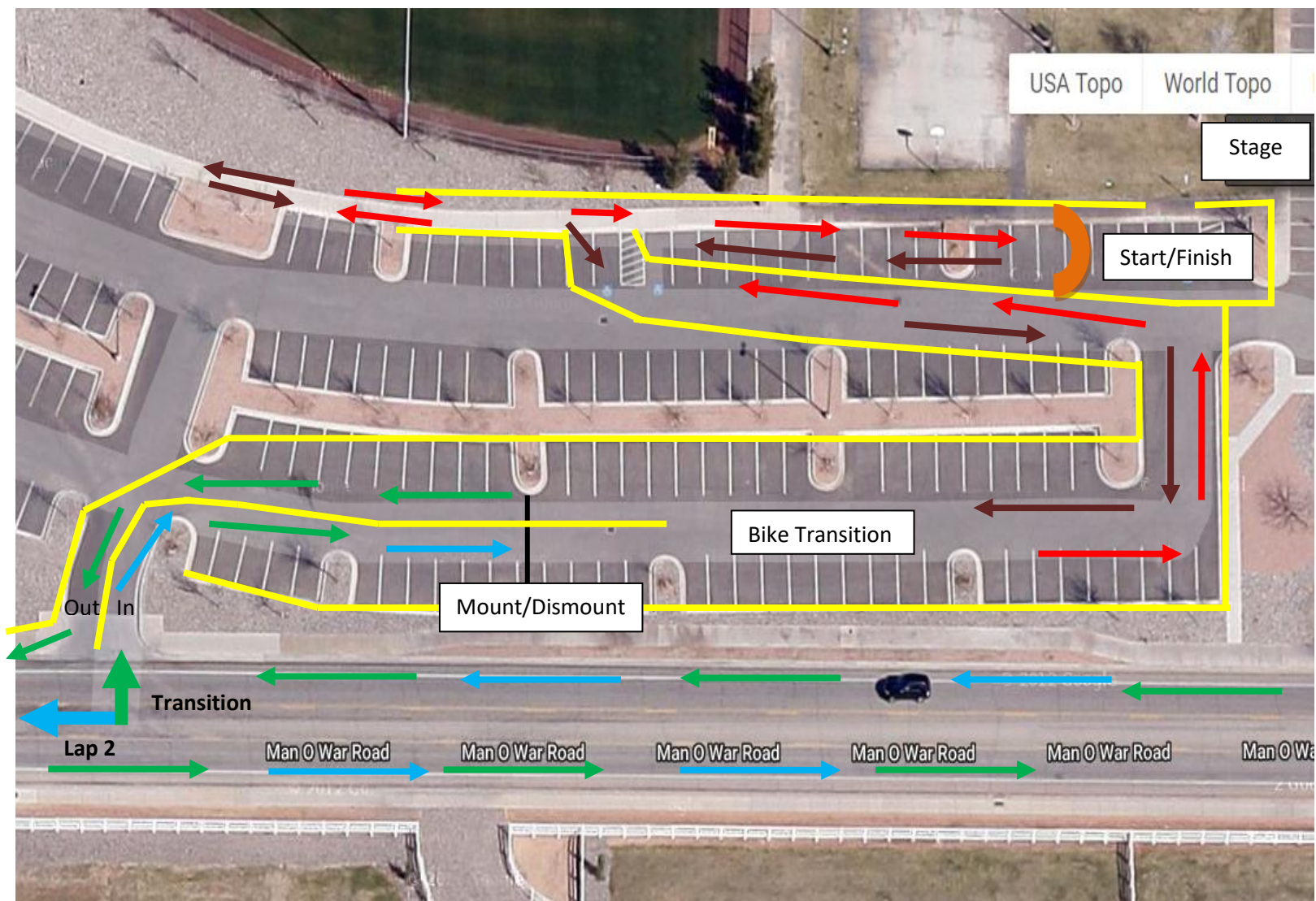


Road Rage Staging



First Run Lap →

2nd Run Lap →

Bike Loop →

Second Loop →

Sprint: Run 1.5 miles, Bike 9.5 miles (1 Loop), Run 1.5 miles

Olympic: Run 3 miles, Bike 19 miles (2 Loops), Run 3 miles