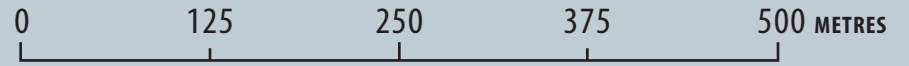




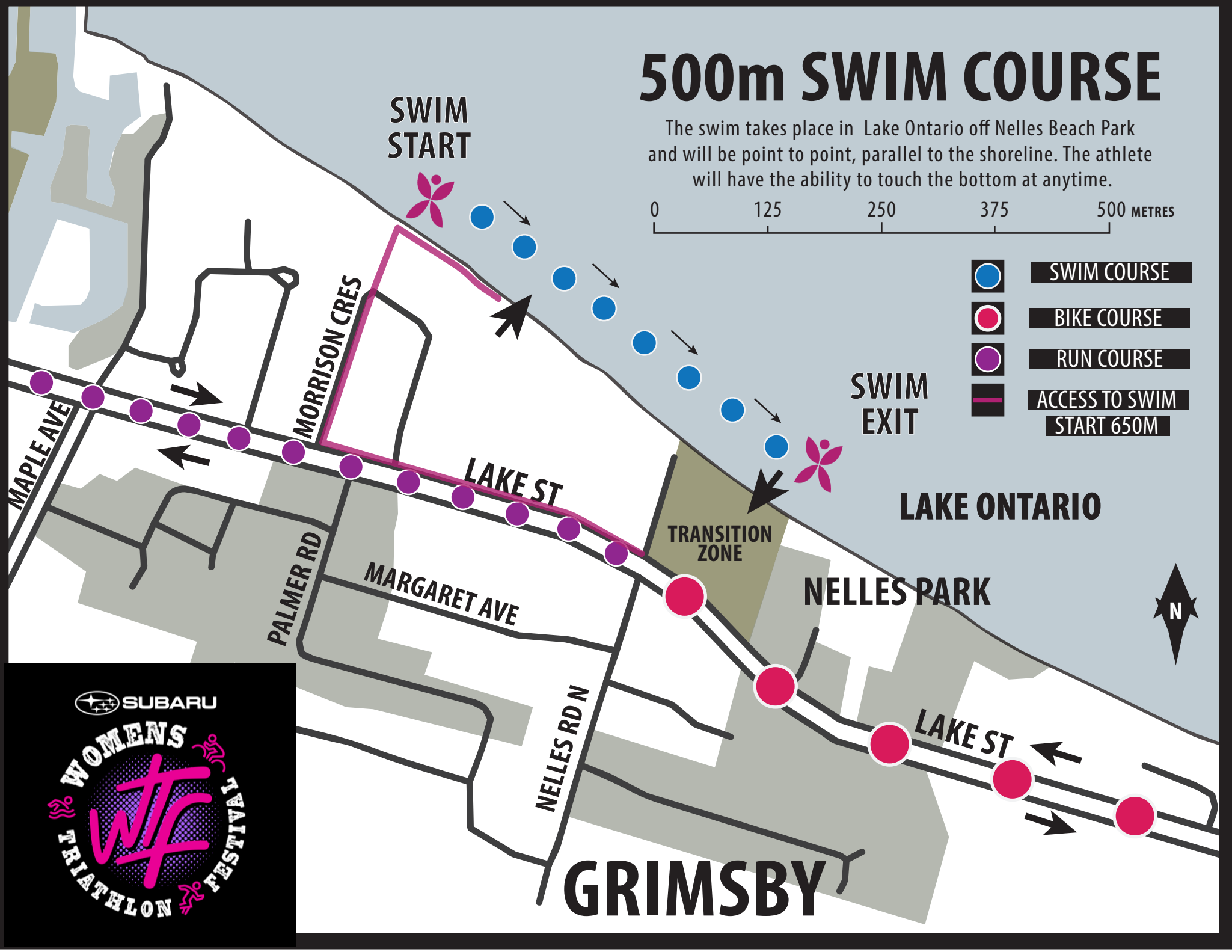


# 500m SWIM COURSE

The swim takes place in Lake Ontario off Nelles Beach Park and will be point to point, parallel to the shoreline. The athlete will have the ability to touch the bottom at anytime.



-  SWIM COURSE
-  BIKE COURSE
-  RUN COURSE
-  ACCESS TO SWIM START 650M



SUBARU

