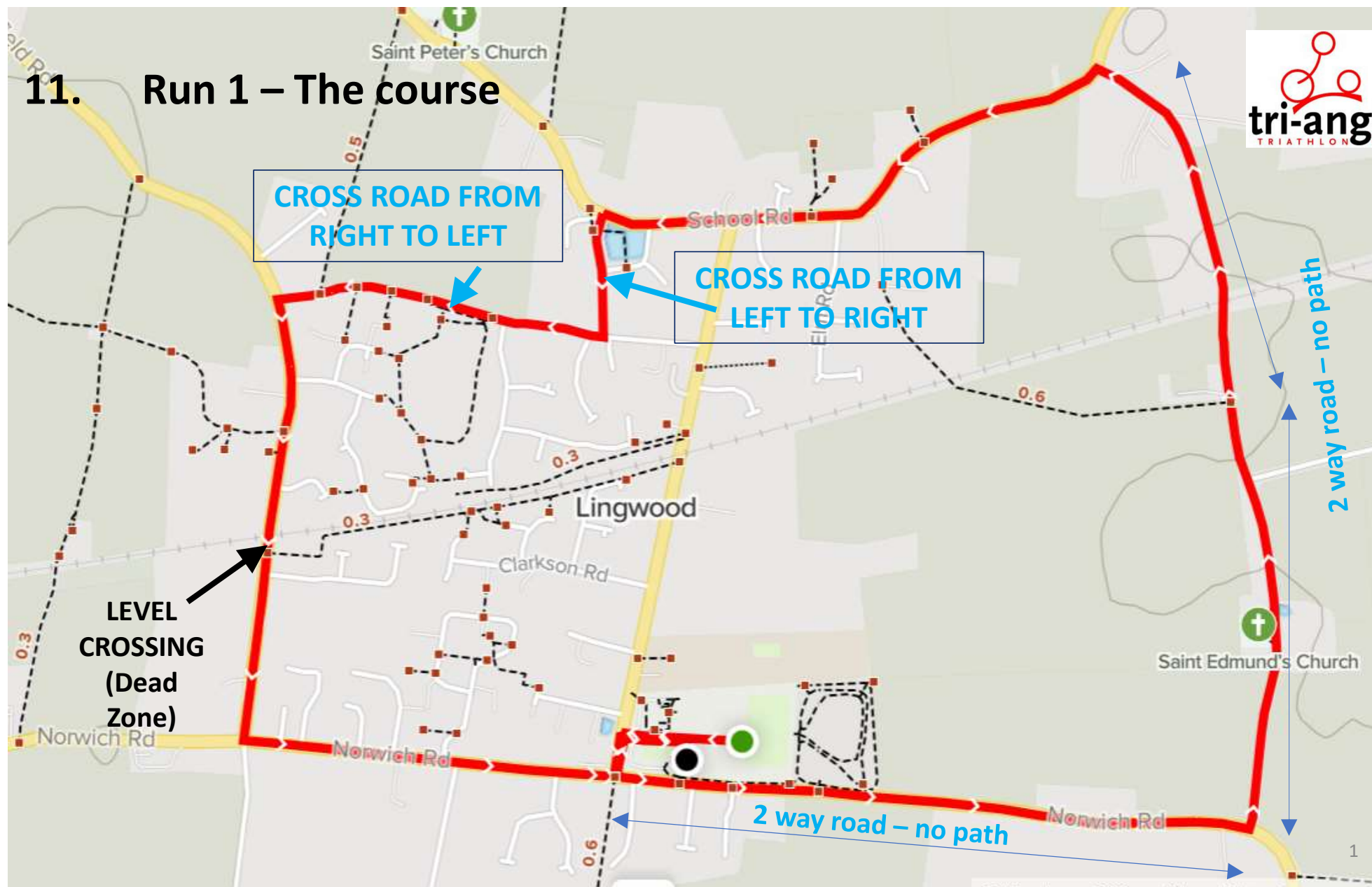


11. Run 1 – The course



13. BIKE - 31k (19.3 miles)

