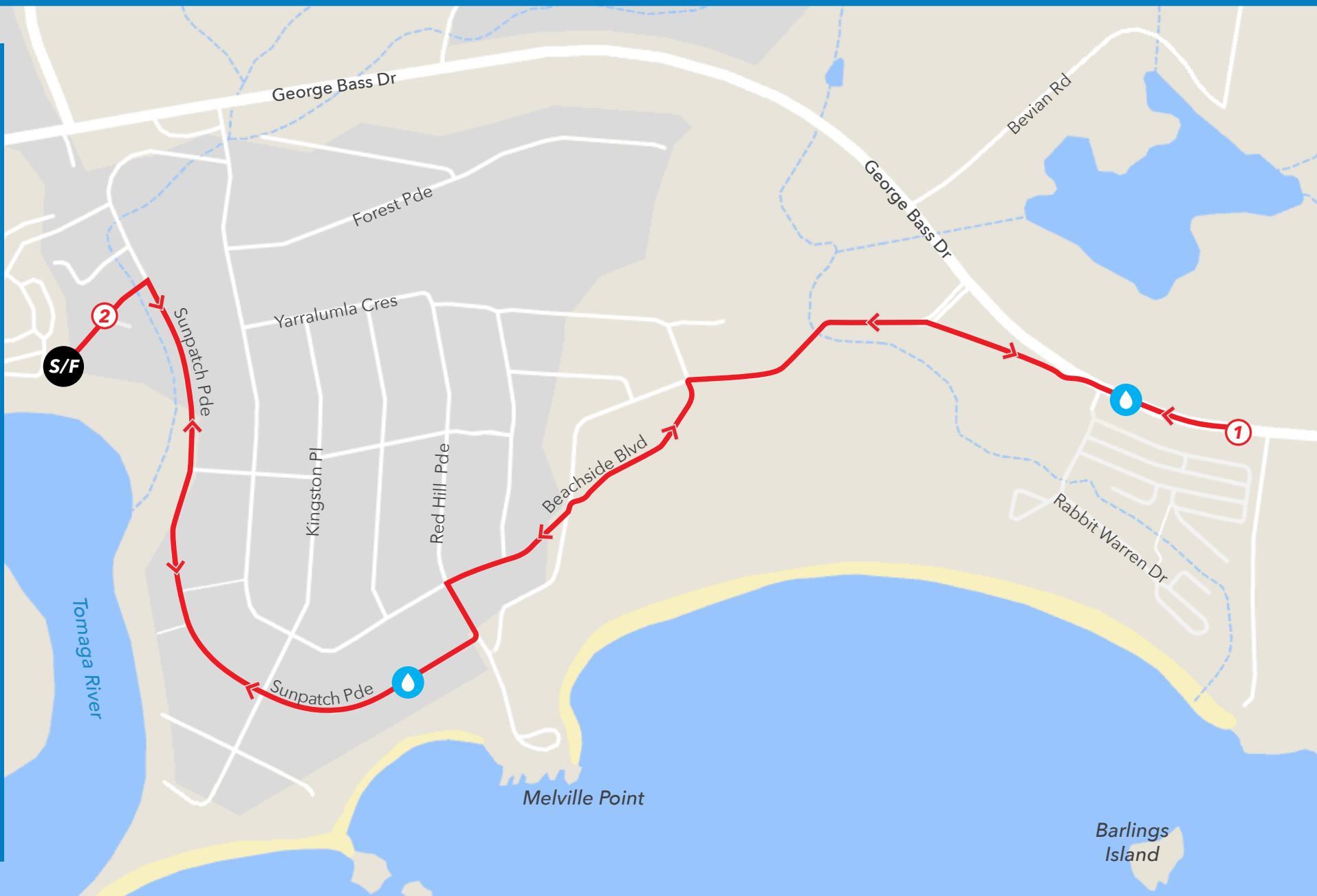
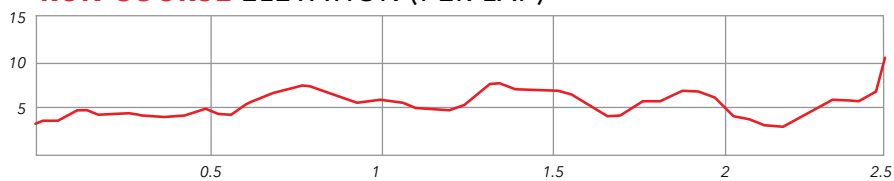


STANDARD

RUN
10KM
2 LAPS



RUN COURSE ELEVATION (PER LAP)



START



FINISH



RUN TURN

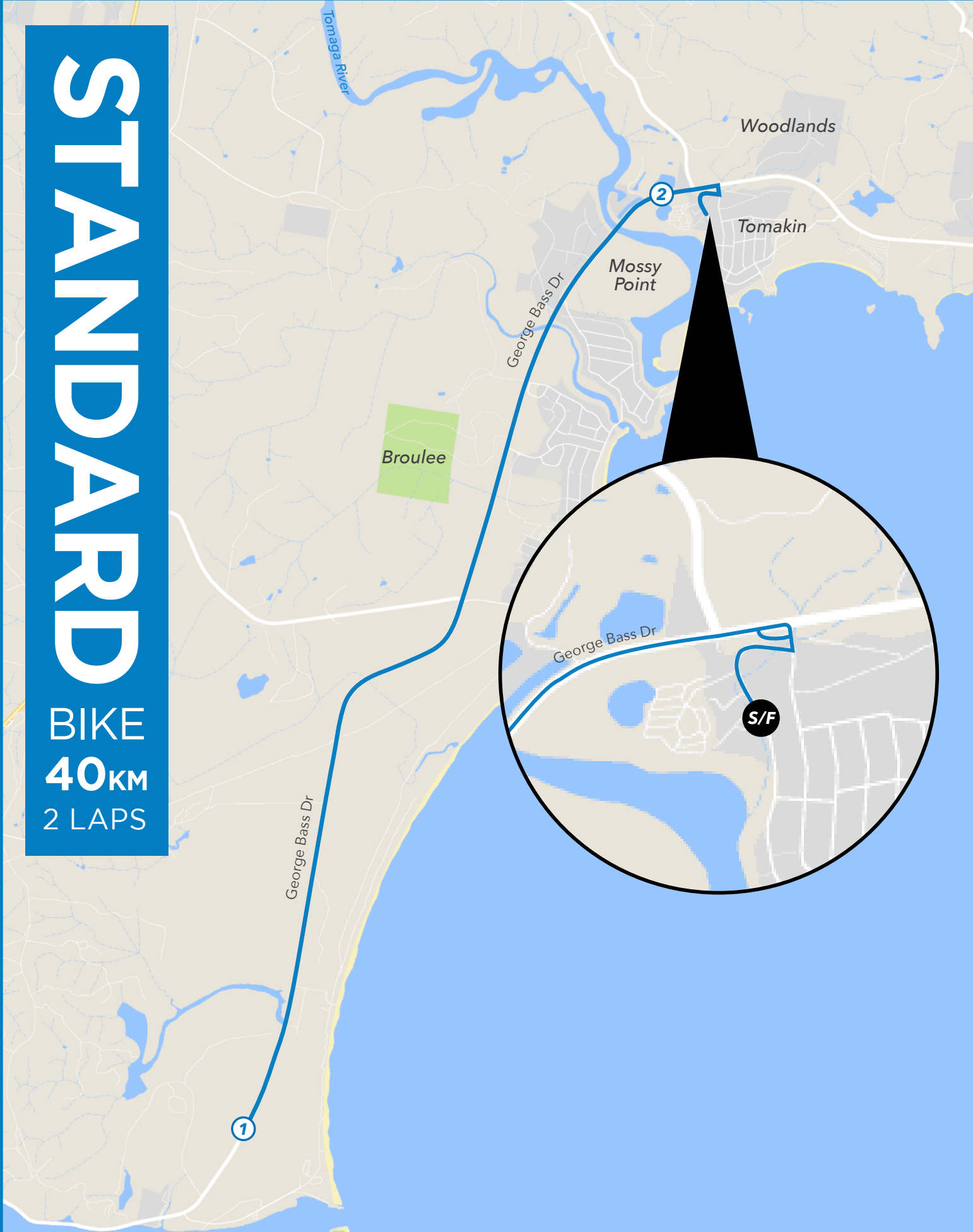


AID STATION

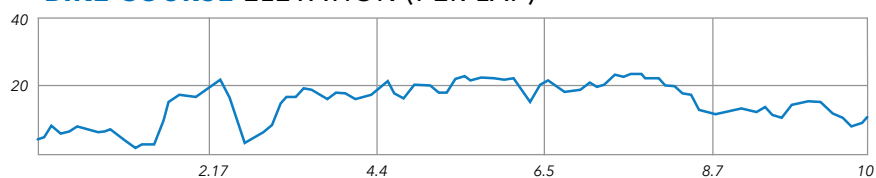
CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL

STANDARD

BIKE
40KM
2 LAPS



BIKE COURSE ELEVATION (PER LAP)



- S** START
- F** FINISH
- 1** BIKE TURN

CAPITAL COAST
ULTIMATE
TRIATHLON FESTIVAL