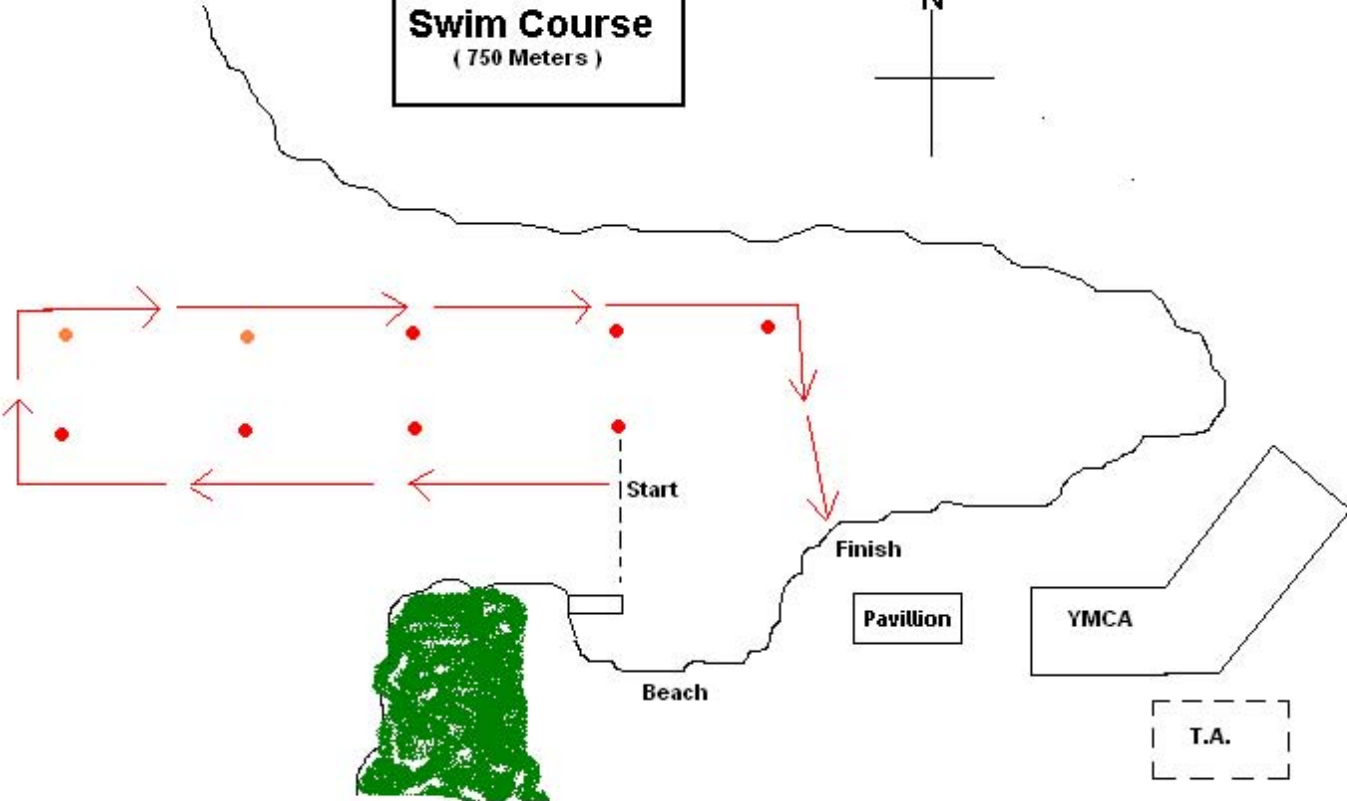
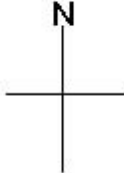


Swim Course
(750 Meters)



REVISED COURSE

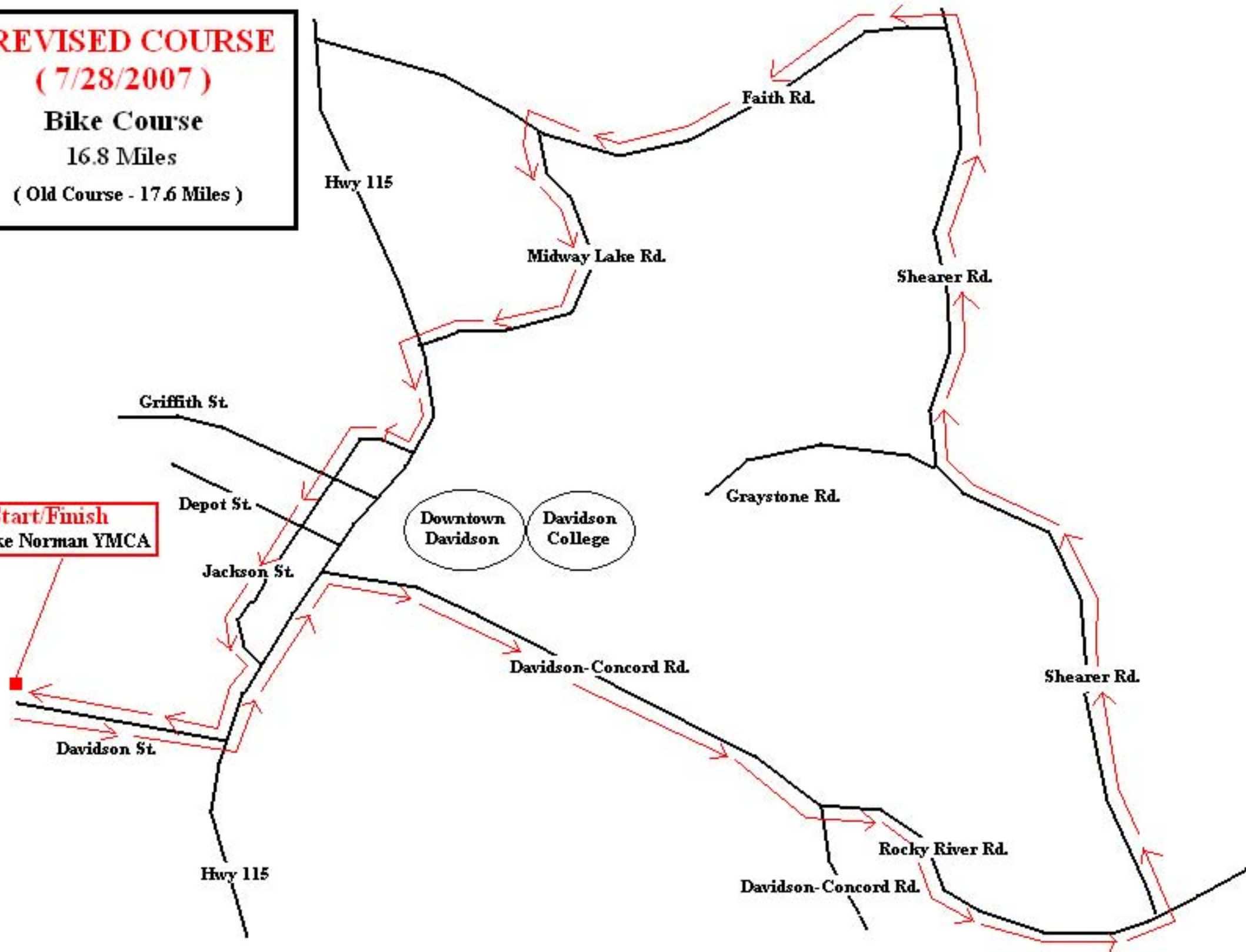
(7/28/2007)

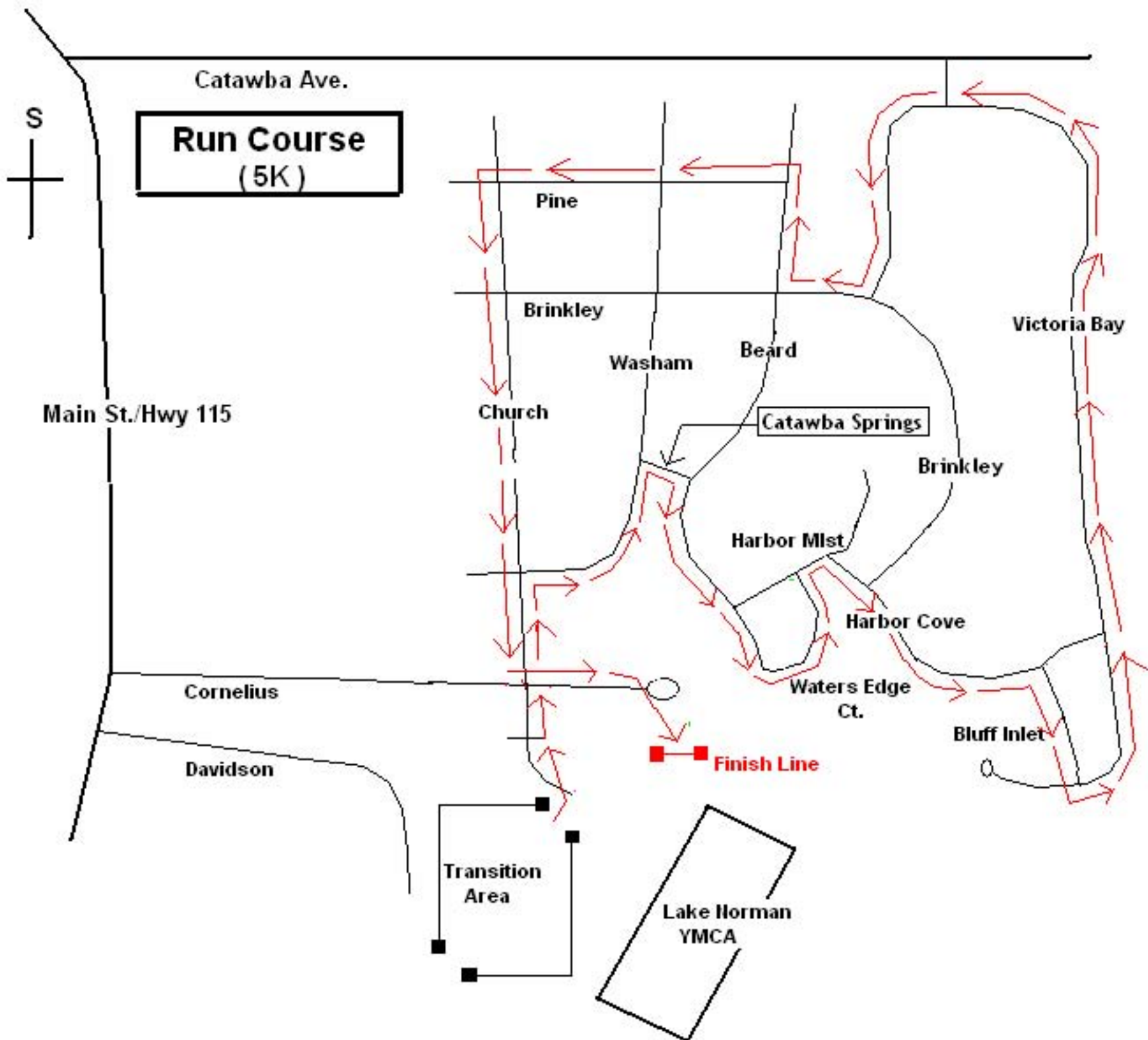
Bike Course

16.8 Miles

(Old Course - 17.6 Miles)

Start/Finish
Lake Norman YMCA





Catawba Ave.

Run Course
(5K)



Main St./Hwy 115

Pine

Brinkley

Washam

Beard

Church

Catawba Springs

Brinkley

Victoria Bay

Harbor Mist

Harbor Cove

Waters Edge Ct.

Bluff Inlet

Cornelius

Davidson

Finish Line

Transition Area

Lake Horman
YMCA