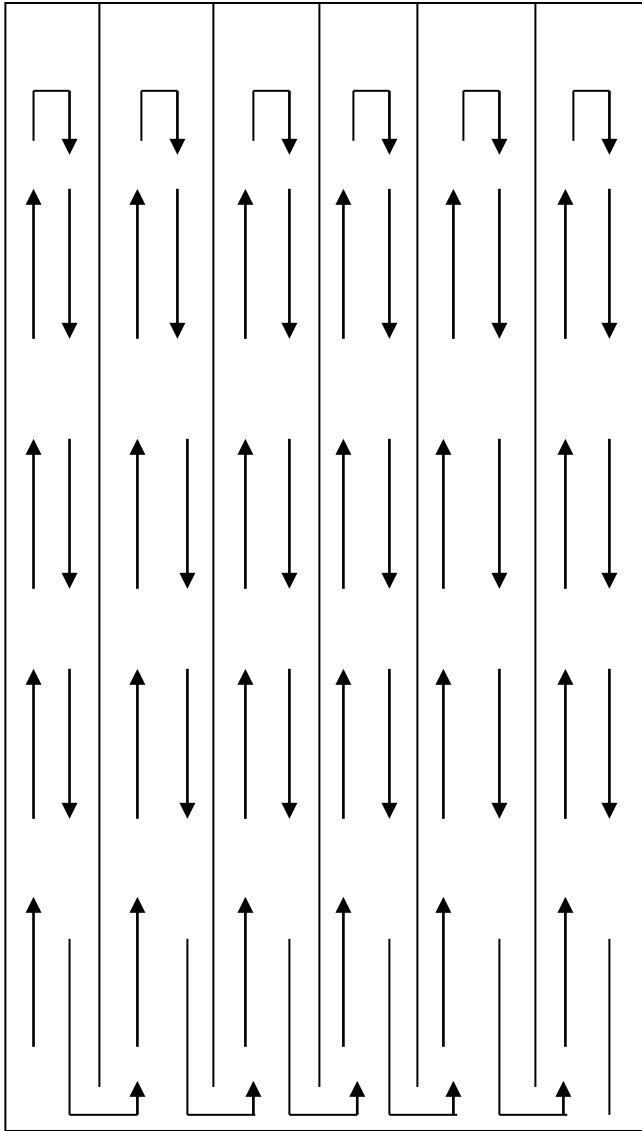


New Bern YMCA Triathlon

Swim Course (400 yards)



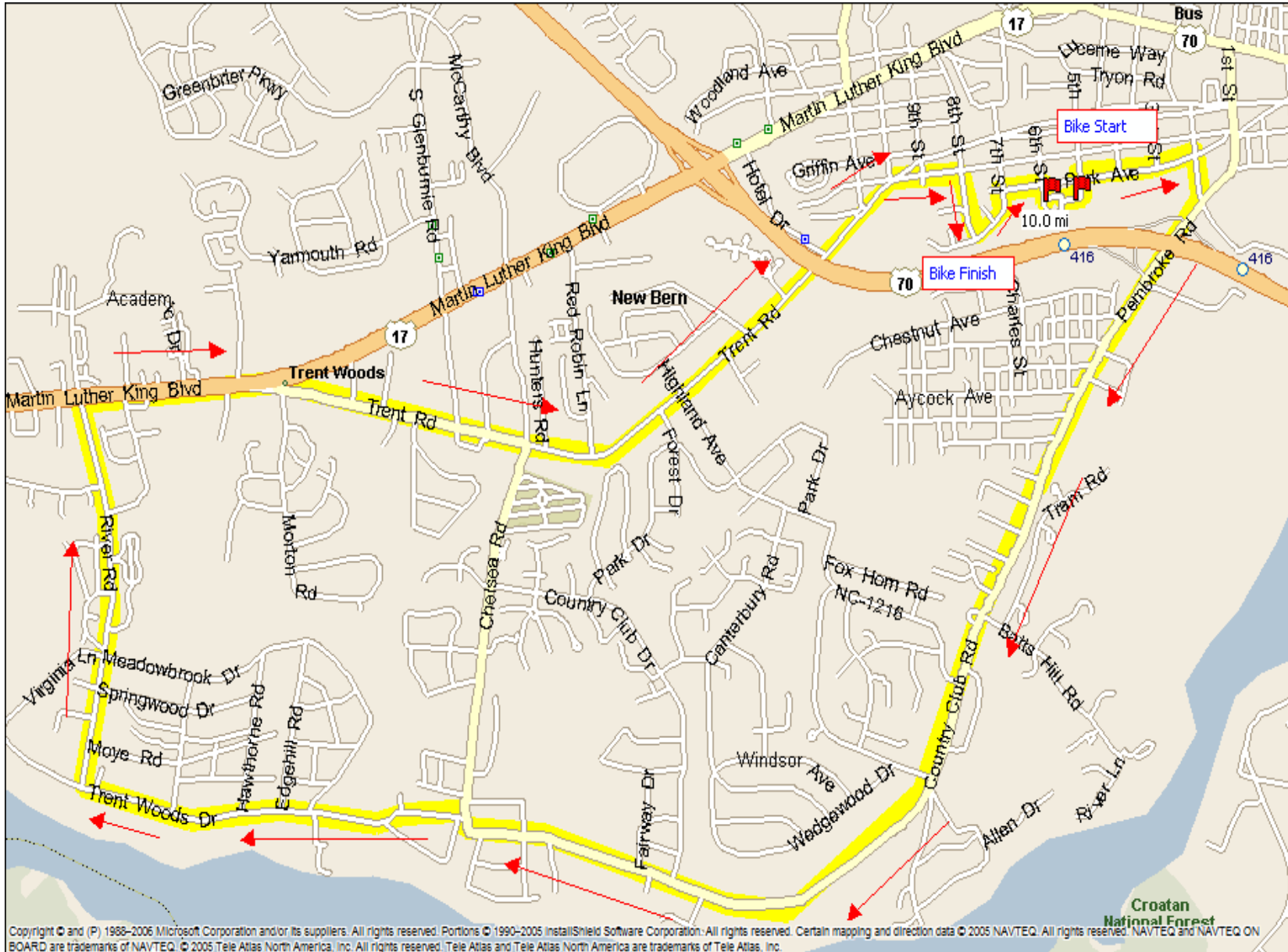
Start

Finish

New Bern YMCA Triathlon

Bike Course

(10 miles)



New Bern YMCA Triathlon

Run Course

(5K)

