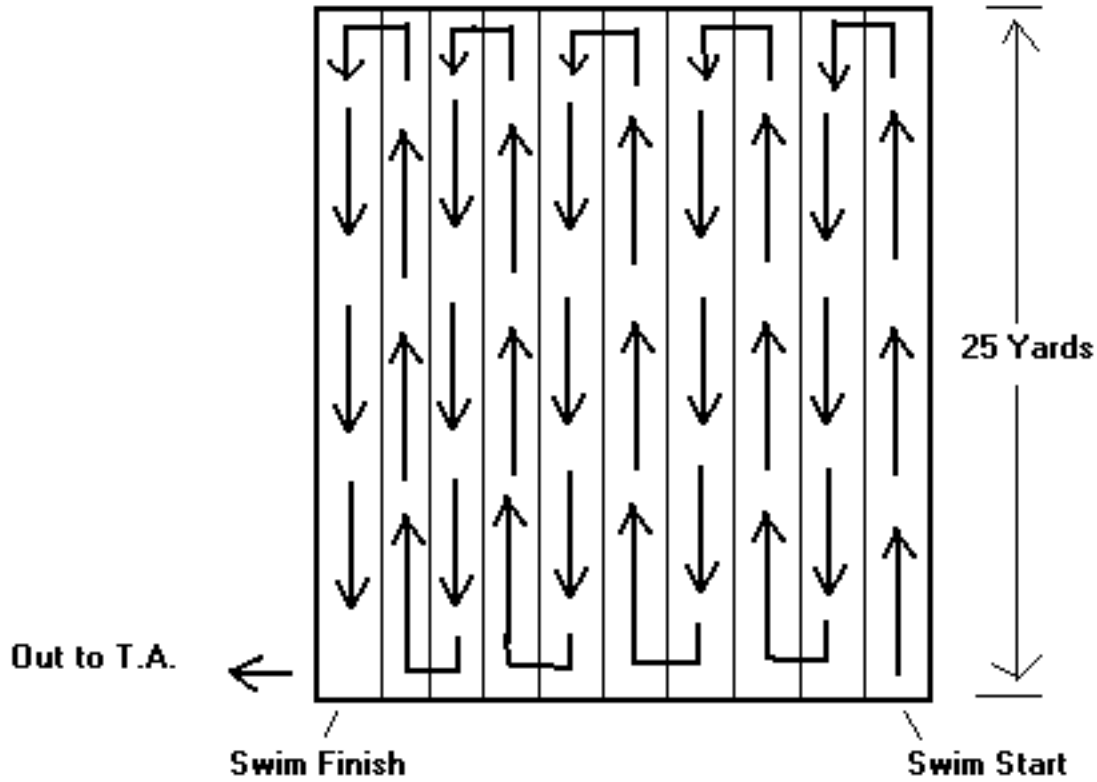


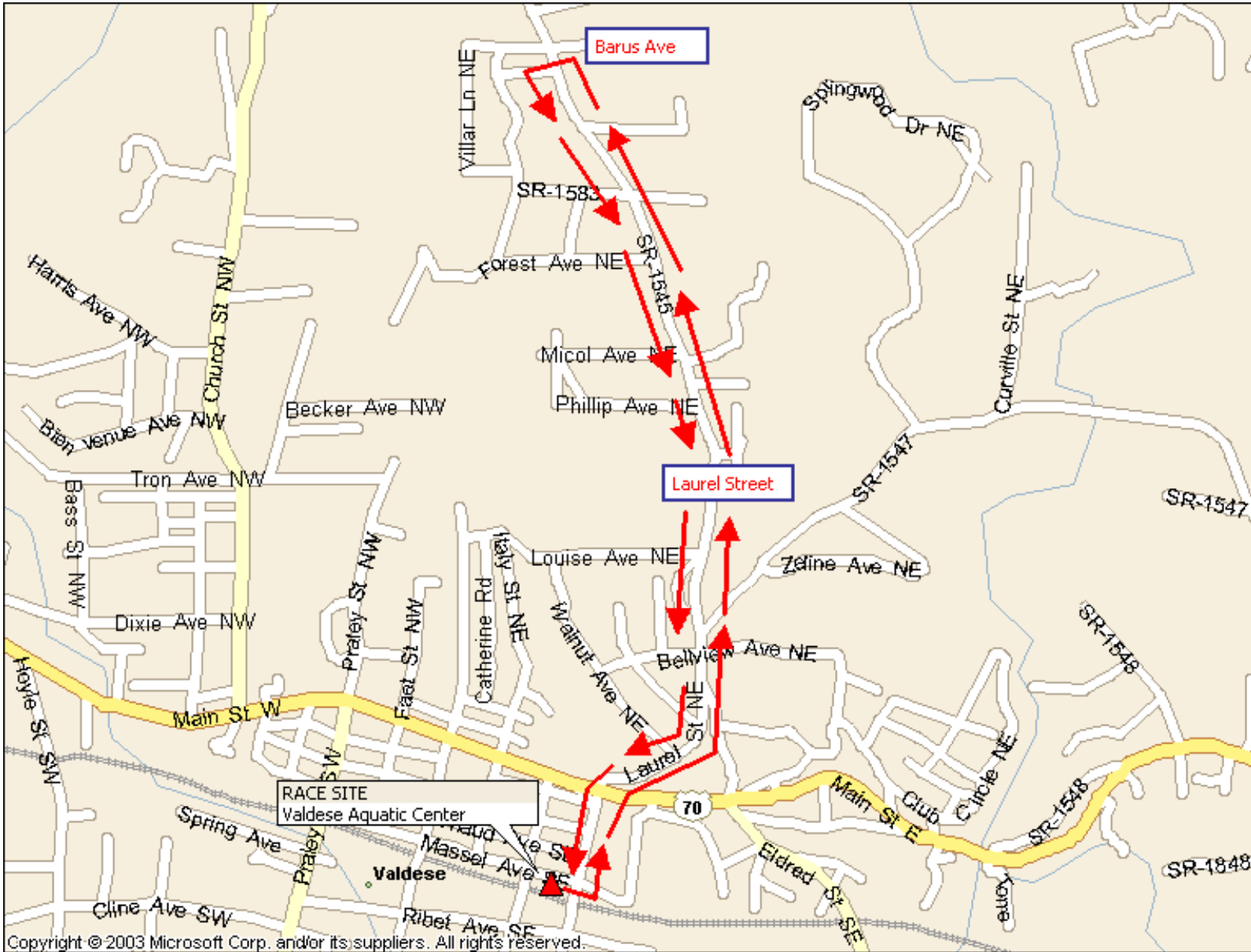
Valdese Triathlon

Swim Course
(250 yards)

NOTE: Swimmers will swim in one direction in each lane. Lane changes will be made at each wall.



VALDESE TRIATHLON Run Course (5k)



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