

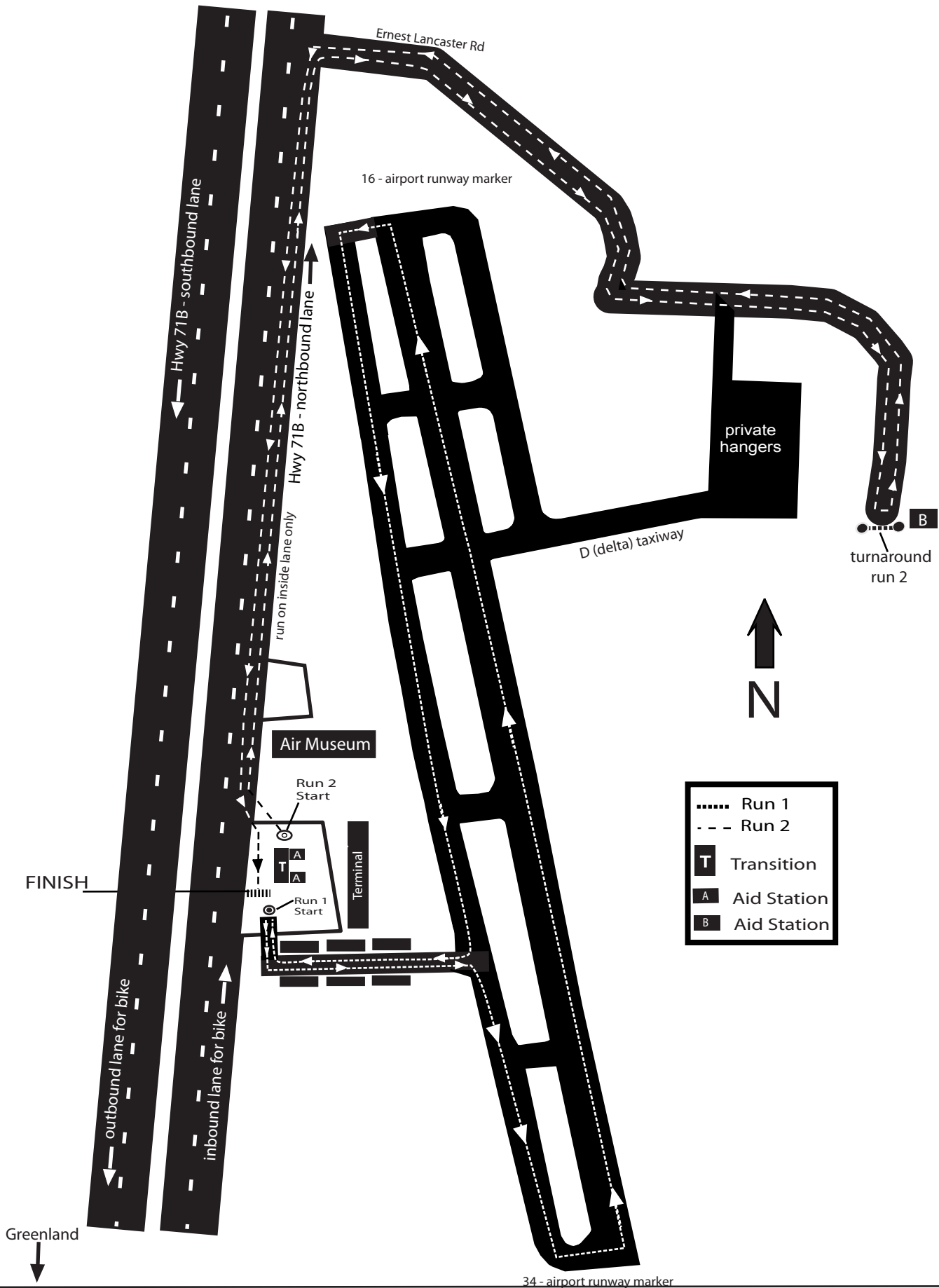
IRON PIG DEATHLON

3 mile run 18 mile bike 3 mile run

RUN COURSES

3 miles - airport runway

3 miles - 71B / Ernest Lancaster



.....	Run 1
- - -	Run 2
T	Transition
A	Aid Station
B	Aid Station