



**IRON MOUNTAIN
TRIATHLON**

**WHONNOCK LAKE, MAPLE RIDGE
June 21st, 2009**

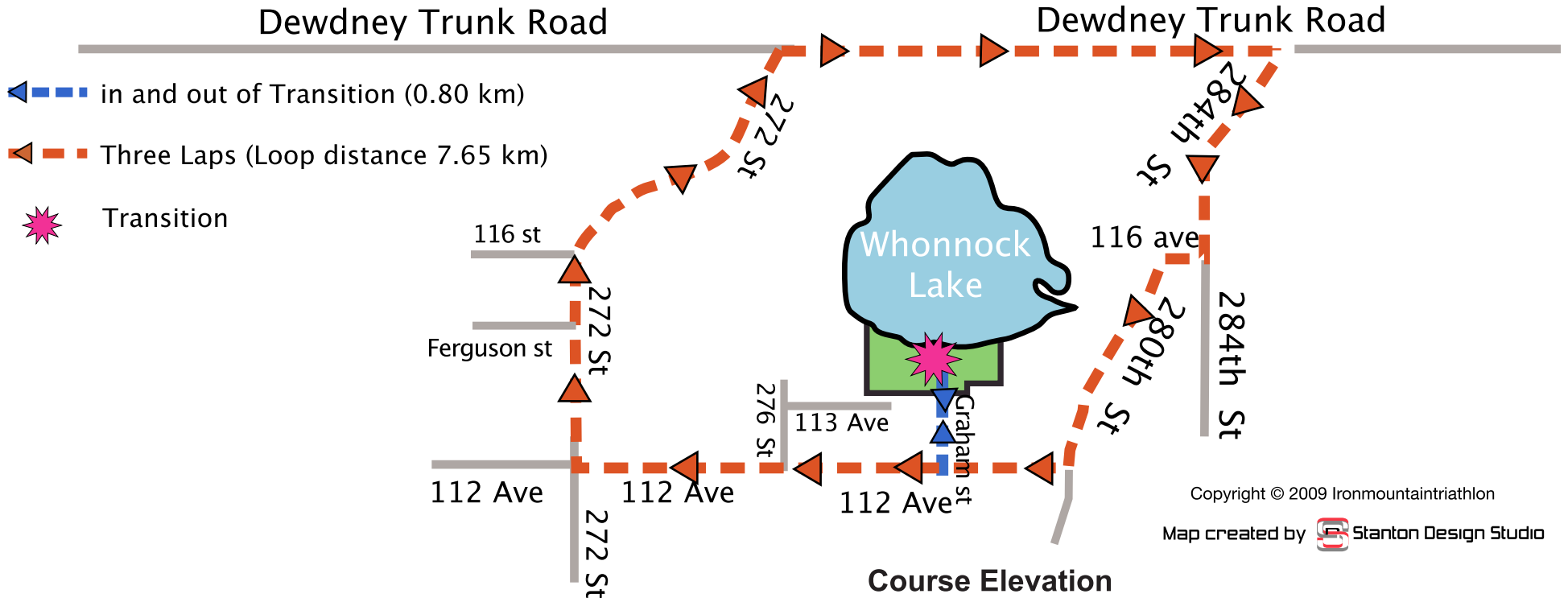
Bike Course Map

Sprint Triathlon Race Map

3 Loop Course

Total Distance
3 X 7.65km + 0.8km = 23.75 km

*Please note the map is not to scale



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Map created by Stanton Design Studio

Y =
height in
metres

X =
distance in
kilometres

