







IRON MOUNTAIN TRIATHLON

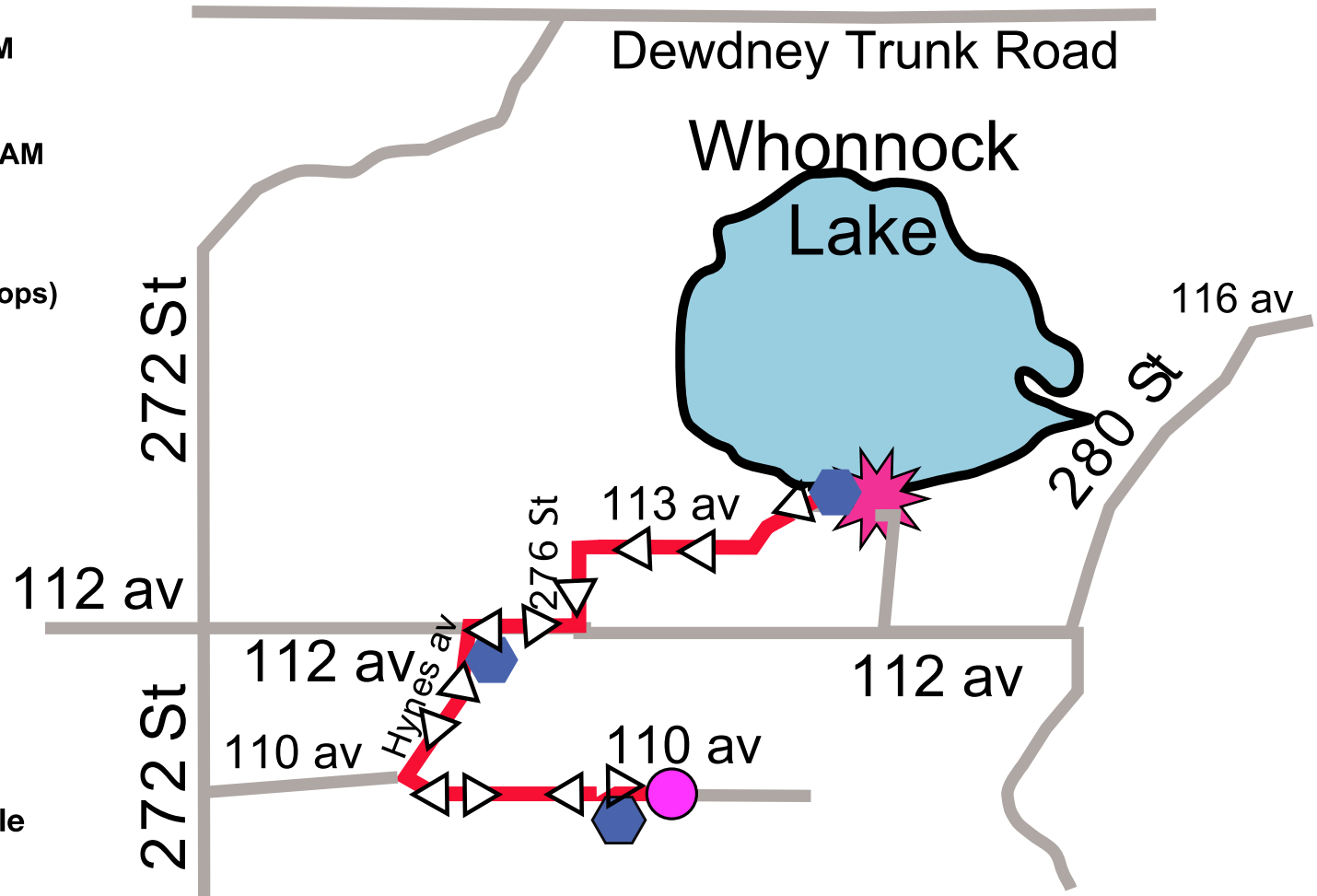
WHONNOCK LAKE, MAPLE RIDGE
June 21st, 2009

Run Course Map Olympic 2 Loop Course 10kms

Olympic Triathlon Start Time 7 AM
Run course 8:15-10:30 AM

Sprint Triathlon Start Time 10:40 AM
Run course 11:05-12:30 PM
Course closes 12:30 PM

-  Olympic run course (2 Loops)
-  Olympic turn around
-  Aid Station
-  Transition



*Please note the map is not to scale

Map created by  Stanton Design Studio

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Y = height in metres
X = distance in kilometres

