IRON MOUNTAIN TRIATHLON

WHONNOCK LAKE, MAPLE RIDGE
June 21st, 2009

Run Course Map

Sprint 2 Loop Course 4.6 kms

*Please note the map is not to scale

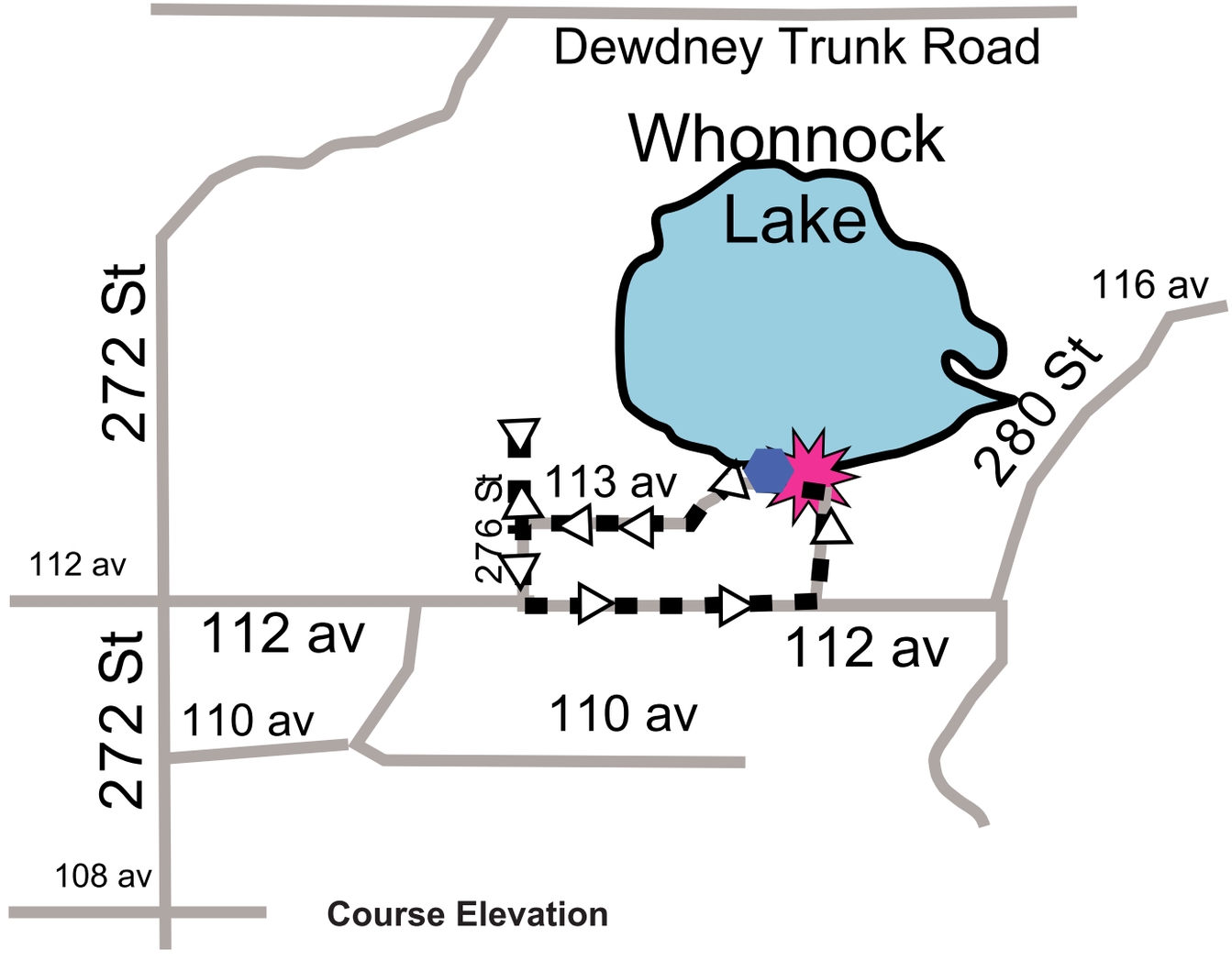
Sprint Triathlon Start Time 10:40 AM
Run course 11:05-12:30 PM
Course closes 12:30 PM

Sprint Run course (2 loops)

Olympic turn around

Aid Station

Transition



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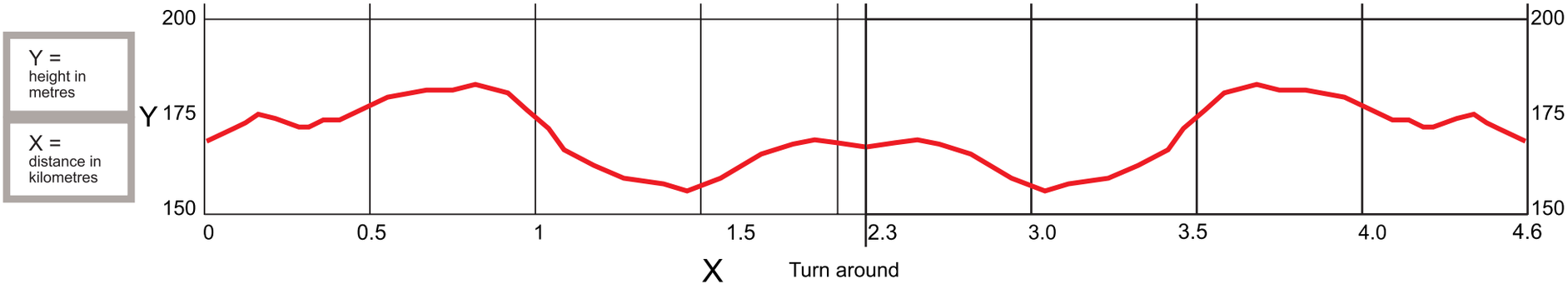
Map created by Stanton Design Studio

Course Elevation