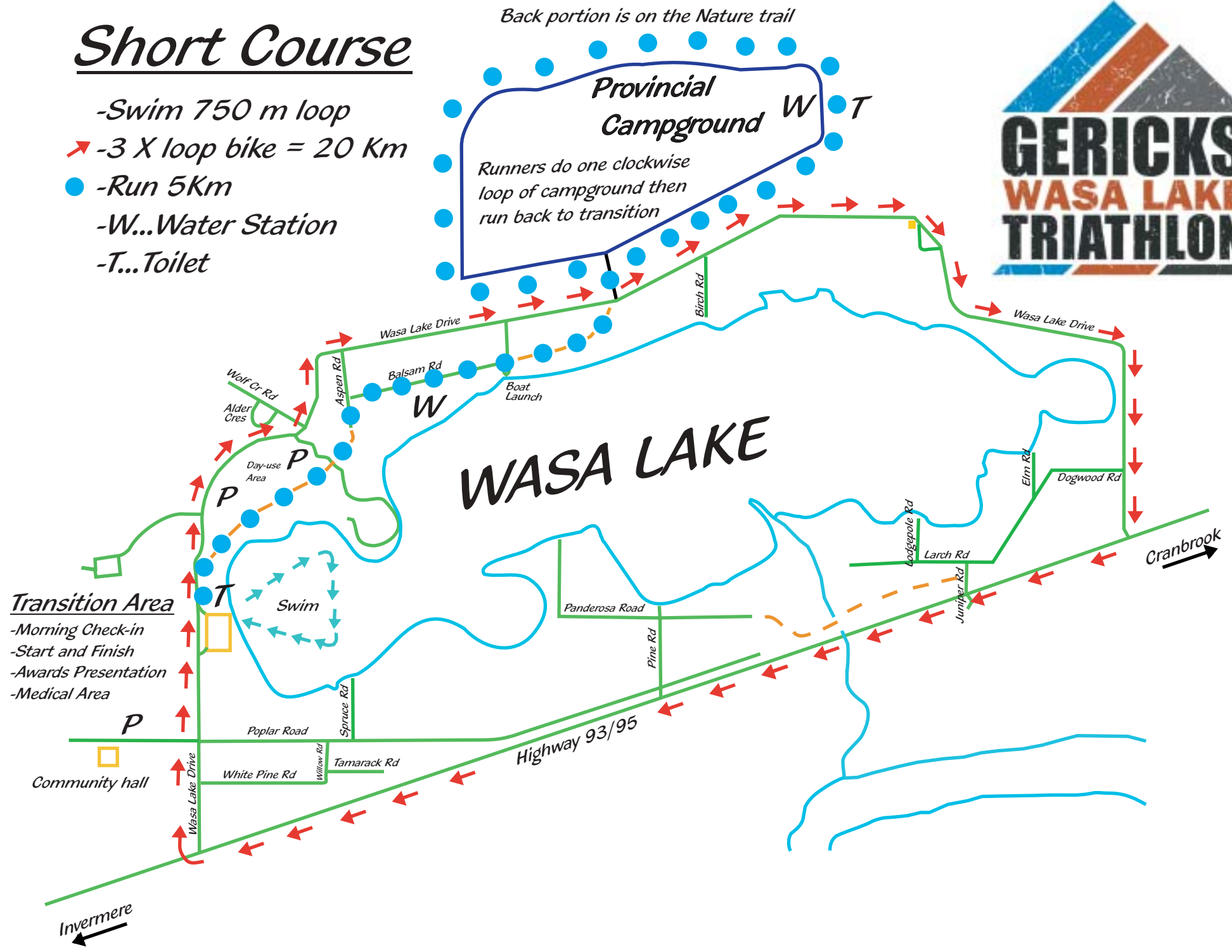


Short Course

- Swim 750 m loop
- -3 X loop bike = 20 Km
- -Run 5Km
- W...Water Station
- T...Toilet



Back portion is on the Nature trail

Provincial Campground W T

Runners do one clockwise loop of campground then run back to transition

Transition Area

- Morning Check-in
- Start and Finish
- Awards Presentation
- Medical Area

P

Community hall

Invermere

Cranbrook

WASA LAKE

Highway 93/95