

LAKE ALMANOR

RUN / BIKE
TRANSITION @ REC 1

STARTING LINE

PADDLE / FINISH
TRANSITION @ REC 1 BEACH

2.8 MILE RUN
6.4 MILE BIKE
3.1 MILE PADDLE

FRIDAY EVENING
PACKET PICKUP &
AID STATION FOR RACE
951 CLIFFORD DR

BIKE / PADDLE
TRANSITION @ REC 2



COURAGE TRIATHLON

LAKE ALMANOR

RUN / BIKE
TRANSITION @ REC 1

STARTING LINE

PADDLE / FINISH
TRANSITION @ REC 1 BEACH

FRIDAY EVENING
**PACKET PICKUP &
AID STATION FOR RACE**
951 CLIFFORD DR

BIKE / PADDLE
TRANSITION @ REC 2

2.8 MILE RUN
6.4 MILE BIKE
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COURAGE TRIATHLON

