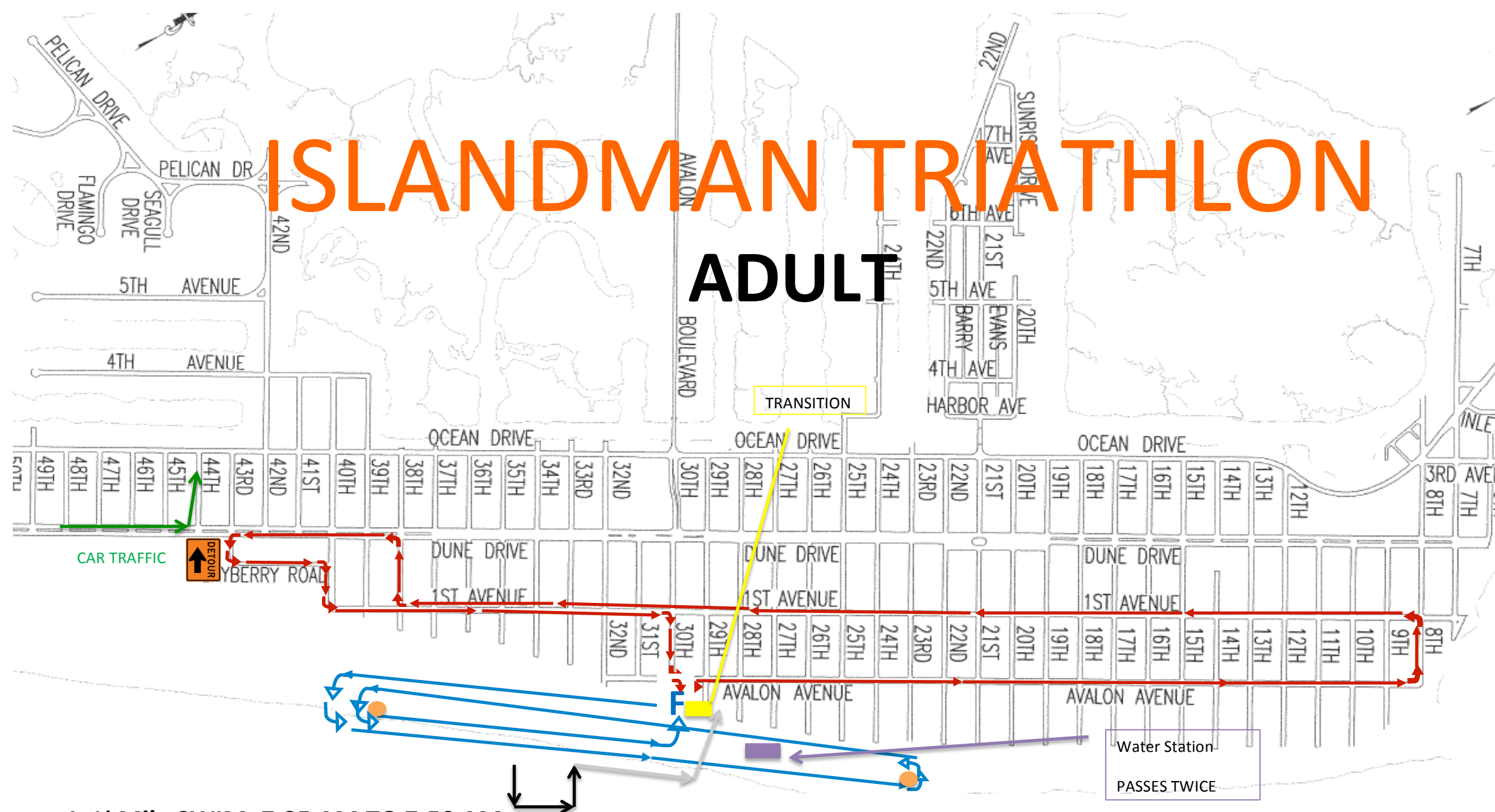


ISLANDMAN TRIATHLON

ADULT



1. ¼ Mile SWIM, 7:25 AM TO 7:50 AM

2. 12 Mile BIKE, 3 LAPS, 7:40 AM TO 9:10 AM

3. 5K RUN, 1 LAP on the beach, South TO 39TH, North *PAST THE FINISH* to 22ND, back south PAST THE FINISH to 39TH AGAIN, and back NORTH to FINISH at 30TH, 8:10 AM TO 9:30 AM