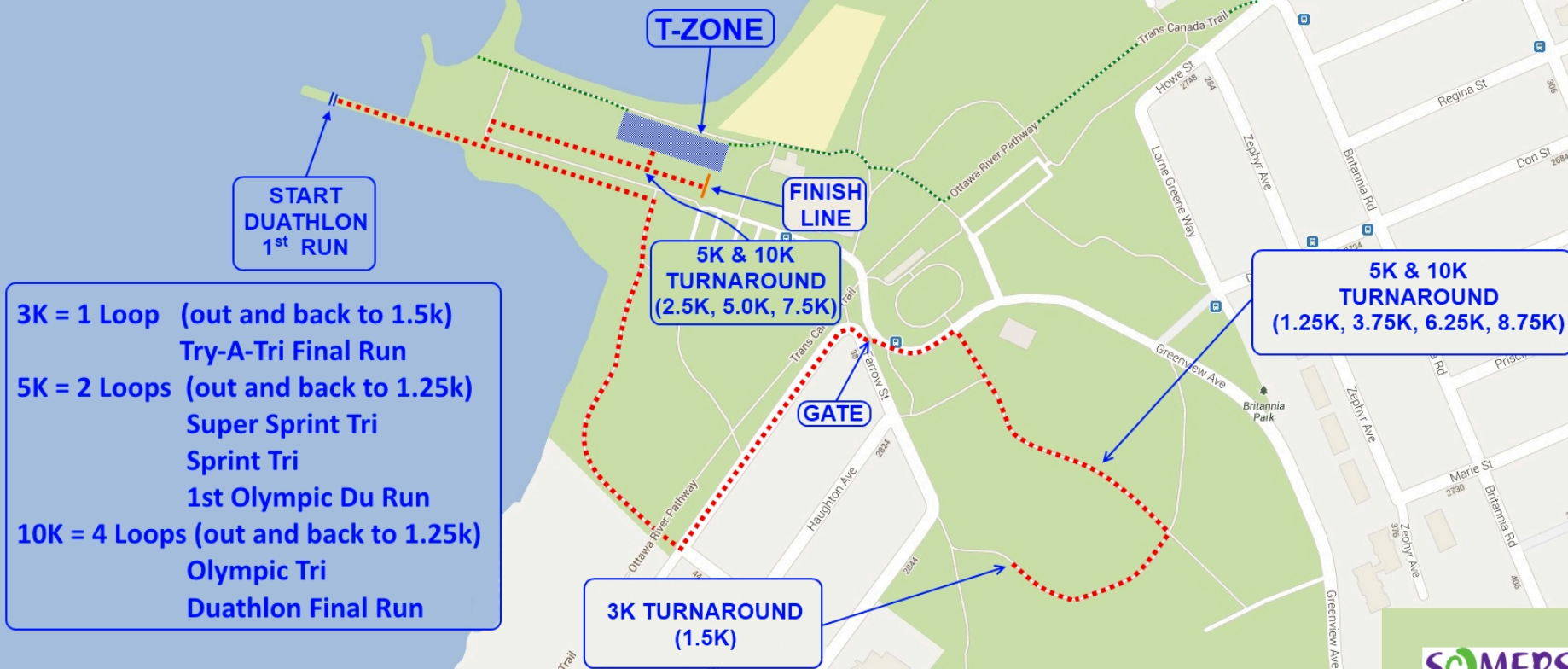


Ottawa RIVER



TRIATHLON/DUATHLON

OTTAWA RIVER TRIATHLON & DUATHLON RUN COURSES



- 3K = 1 Loop (out and back to 1.5k)
Try-A-Tri Final Run
- 5K = 2 Loops (out and back to 1.25k)
Super Sprint Tri
Sprint Tri
1st Olympic Du Run
- 10K = 4 Loops (out and back to 1.25k)
Olympic Tri
Duathlon Final Run