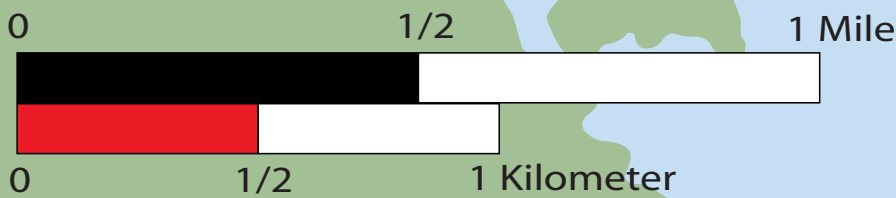
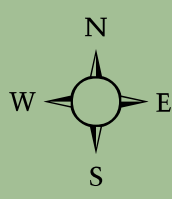
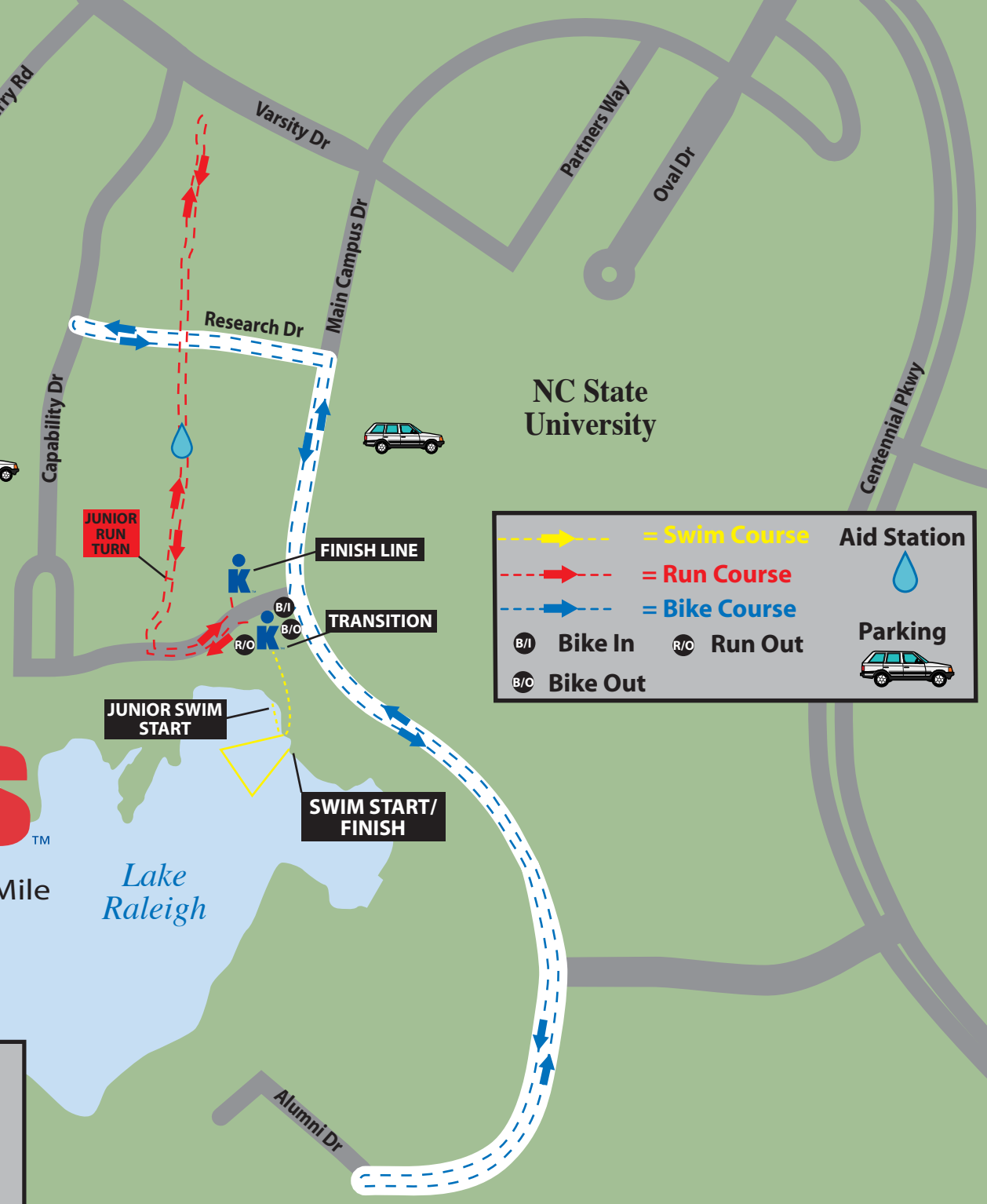


# IRONKIDS™



Raleigh Distances			
	Swim	Bike	Run
Juniors	50 yds	2 miles (1 loop)	500 yds
Intermediates	150 yds (1 loop)	4 miles (2 loops)	1 Mile
Seniors	300 yds (2 loop)	8 miles (4 loops)	2 Miles (2 loops)



	= Swim Course		Aid Station
	= Run Course		Parking
	= Bike Course		
	Bike In		Run Out
	Bike Out		