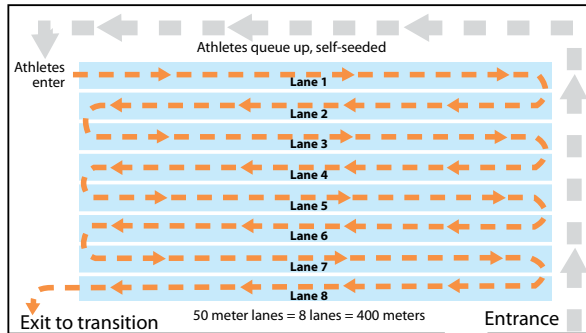


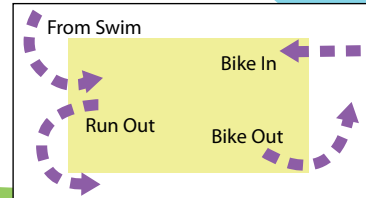
New York Road Runners Sprint Triathlon

Sunday, August 23, 2009

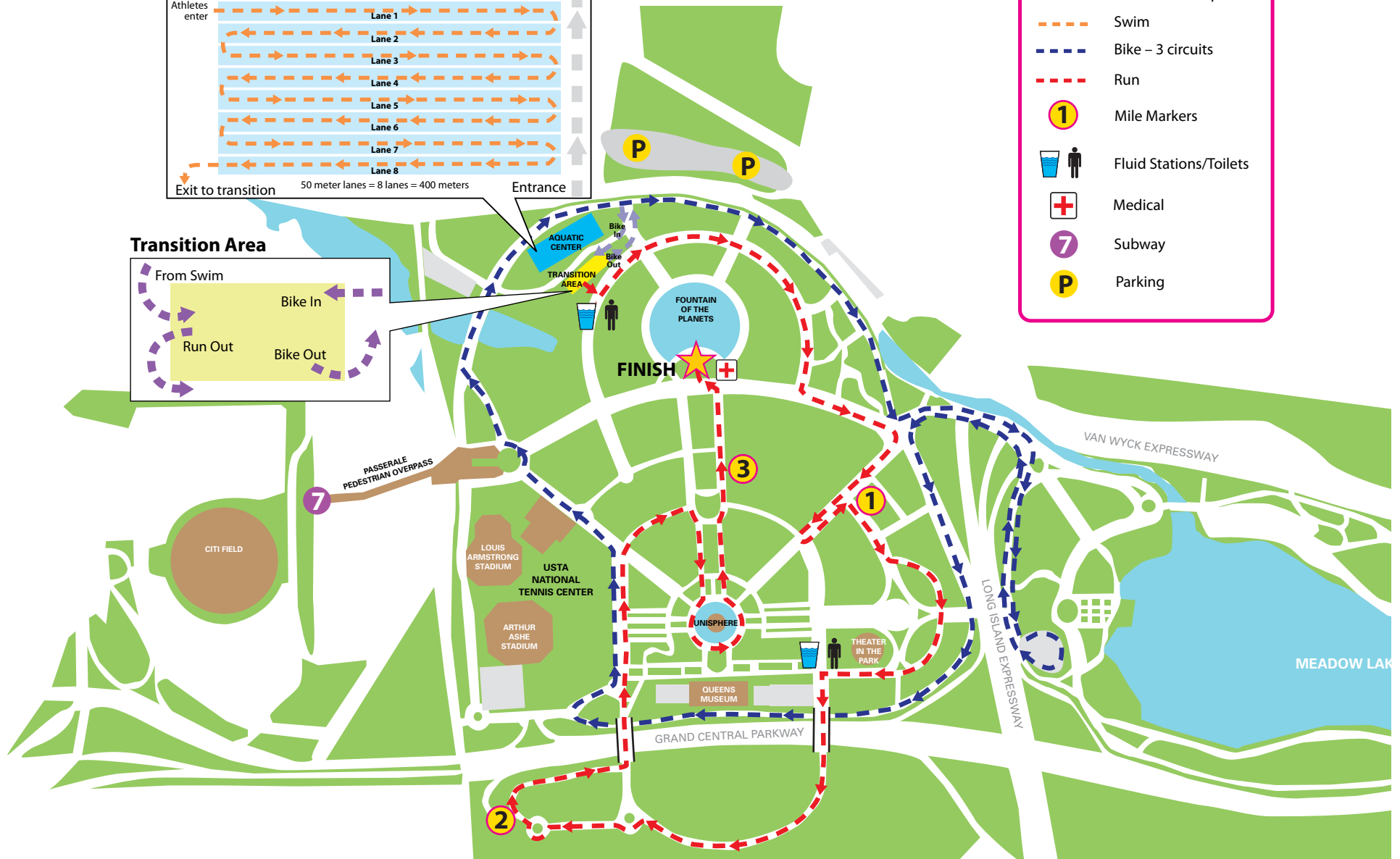
Swim Course – 400m



Transition Area



- Pre-start line-up
- Swim
- Bike – 3 circuits
- Run
- 1 Mile Markers
- Fluid Stations/Toilets
- Medical
- 7 Subway
- P Parking



NEW YORK ROAD RUNNERS