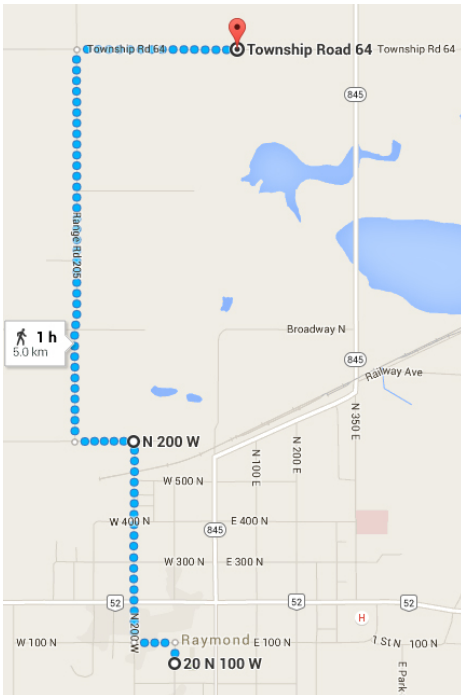


Olympic Distance Bike
40km
as
20km Out and Back



Olympic Distance Run
10km
as
5km Out and Back