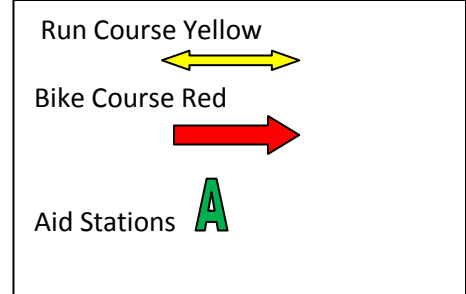


Bigfoot Full and Half Iron TRIATHLON



Harrison Hot Springs 22 KM's
 From Sasquatch Inn

Full Iron
 2 loop swim = 2.4 mi
 4 loop bike = 112 mi
 2 loop run = 26.2 mi

Half Iron
 1 loop swim = 1.2 mi
 2 loop bike = 56 mi
 1 loop run = 13.1 mi

