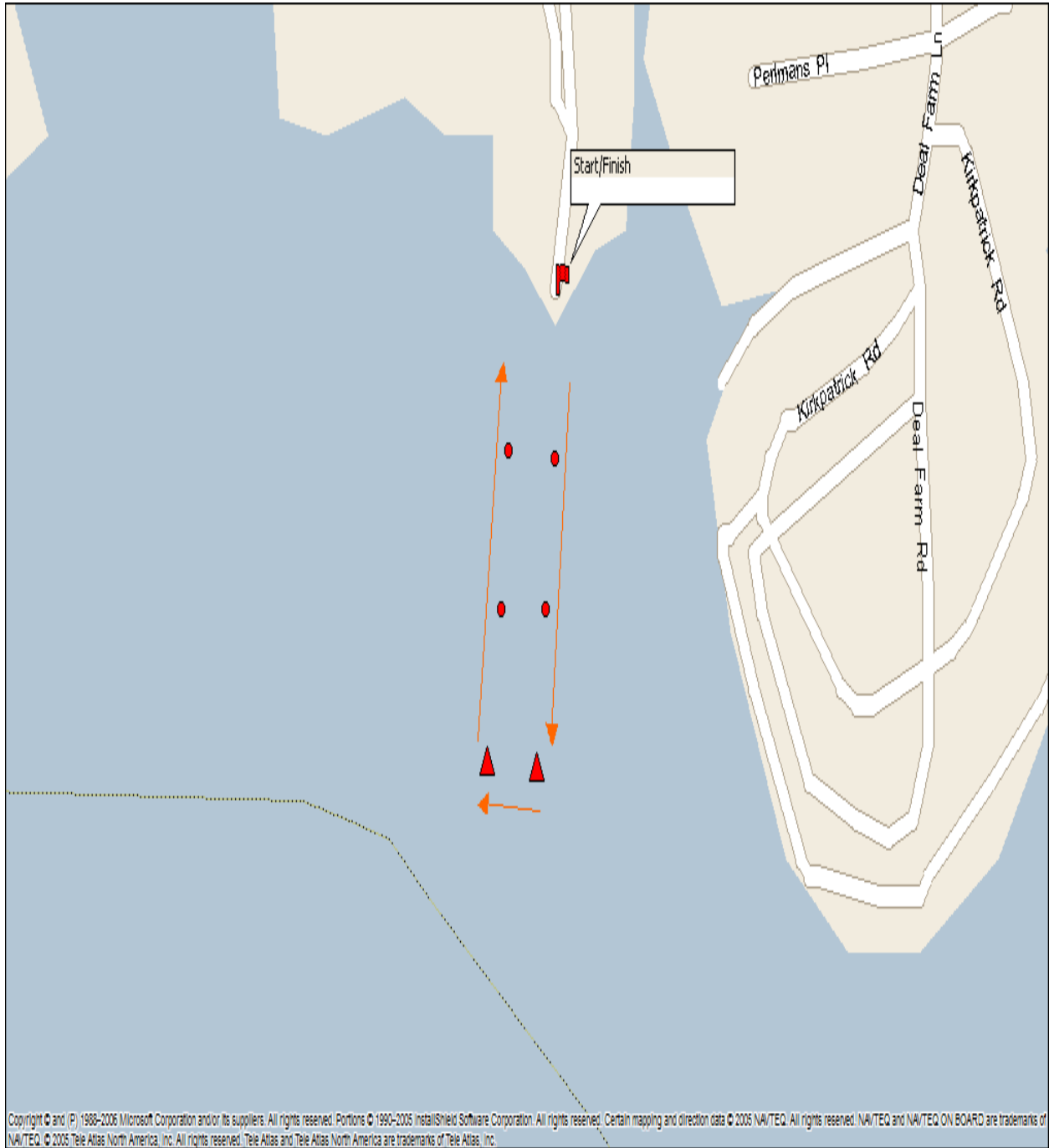
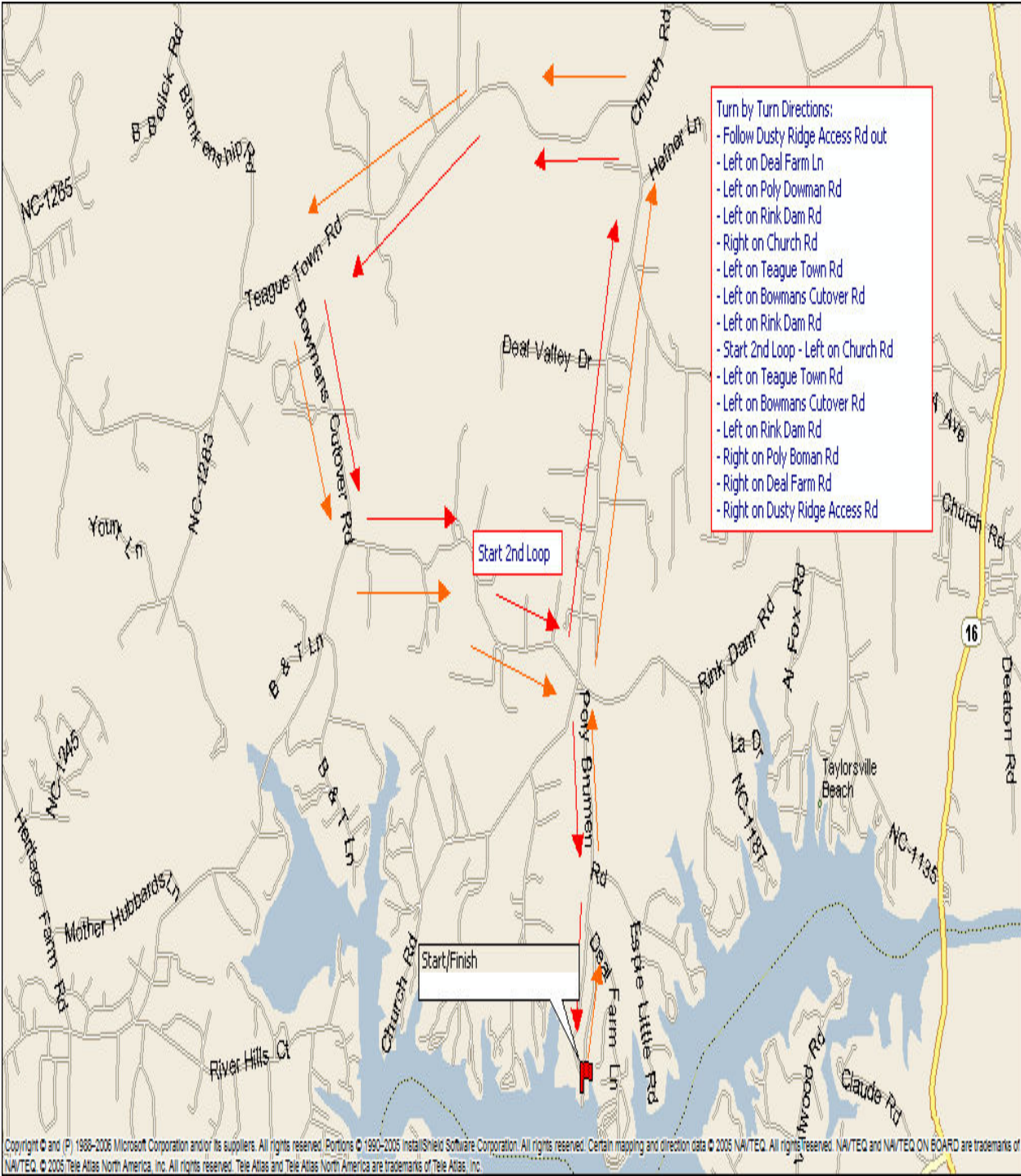


Lake Hickory Swim Course – 400 Yards



Lake Hickory Bike Course – 16 Miles (2 Loops)



Lake Hickory Run Course – 5K

