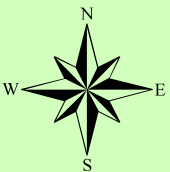


MAP OF SWIM ROUTE

2011 NACHO AVERAGE CLUB TRIATHLON



HWY 124



SHARON PARK DR

McKellar Community Centre

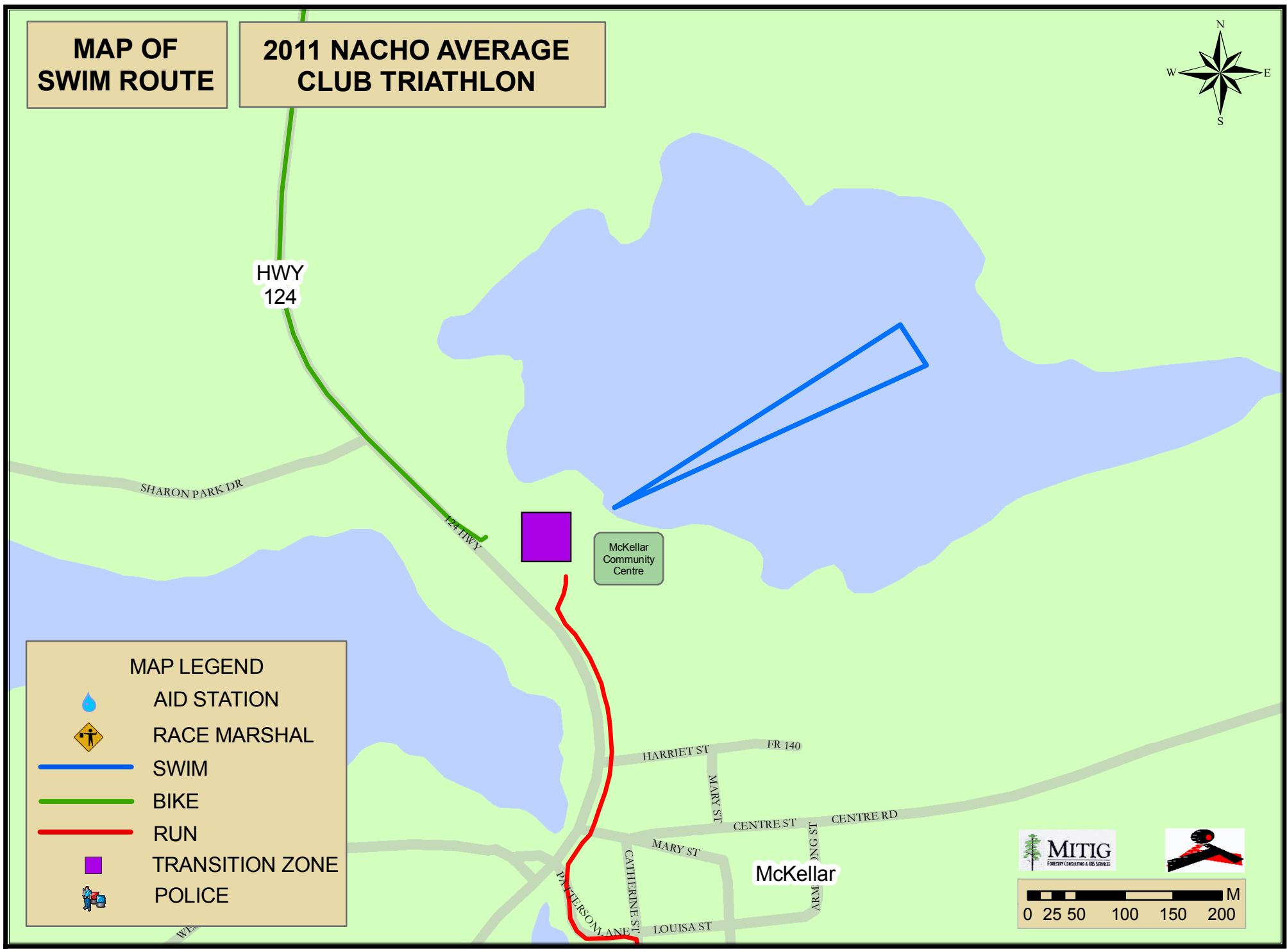
McKellar

MAP LEGEND

-  AID STATION
-  RACE MARSHAL
-  SWIM
-  BIKE
-  RUN
-  TRANSITION ZONE
-  POLICE

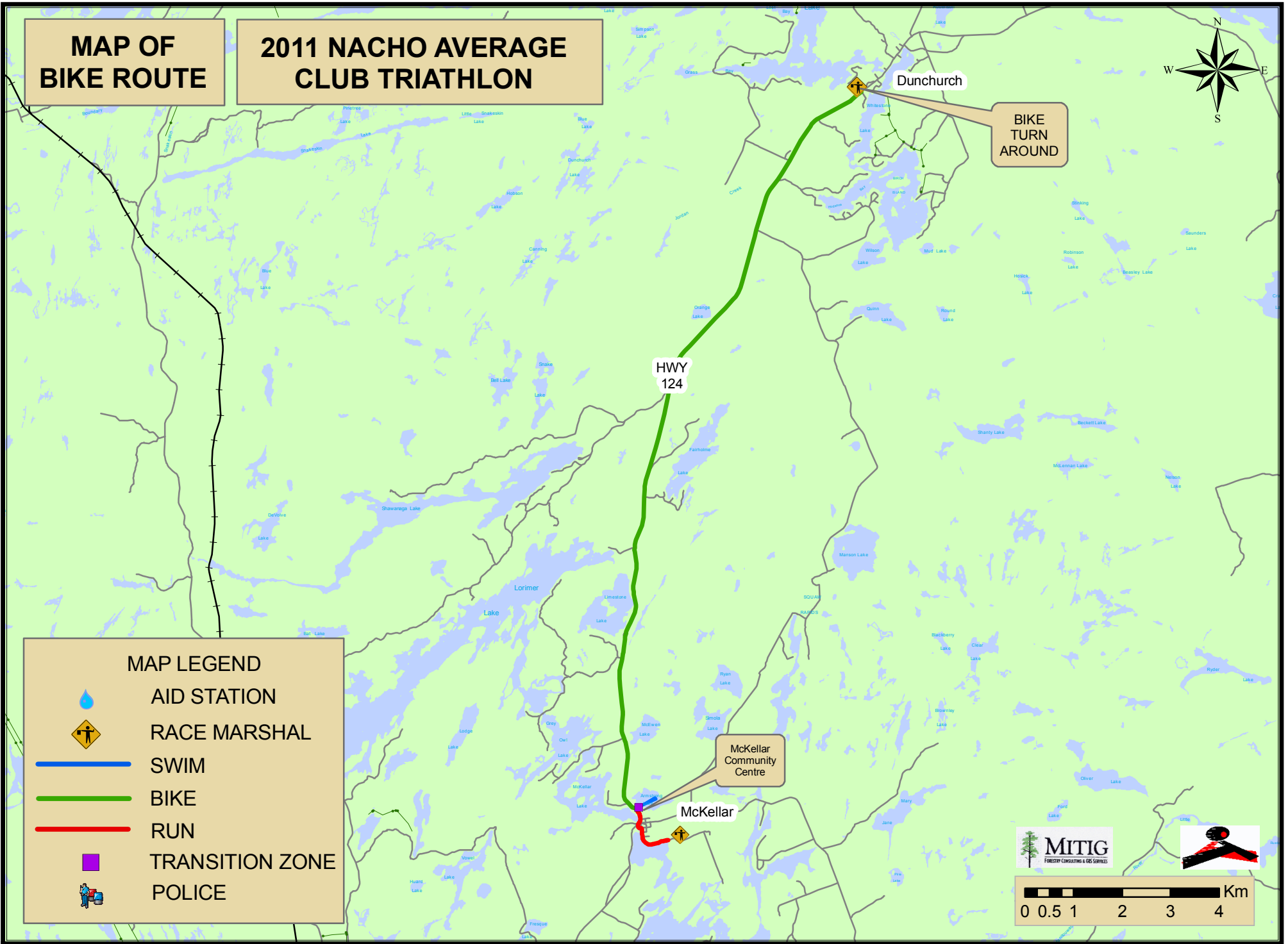


0 25 50 100 150 200 M



MAP OF BIKE ROUTE

2011 NACHO AVERAGE CLUB TRIATHLON



MAP LEGEND



AID STATION



RACE MARSHAL



SWIM



BIKE



RUN



TRANSITION ZONE



POLICE

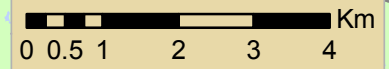
McKellar
Community
Centre

McKellar

Dunchurch

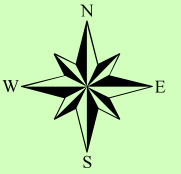
BIKE
TURN
AROUND

HWY
124



MAP OF RUN ROUTE

2011 NACHO AVERAGE CLUB TRIATHLON



ar

Armstrong Lake

McKellar Community Centre

McKellar

Manitouwabing Lake

HWY 124

MAP LEGEND

- AID STATION
- RACE MARSHAL
- SWIM
- BIKE
- RUN
- TRANSITION ZONE
- POLICE

RUN 1 KM TURN AROUND

RUN TURN AROUND

0 0.05 0.1 0.2 0.3 0.4 Km