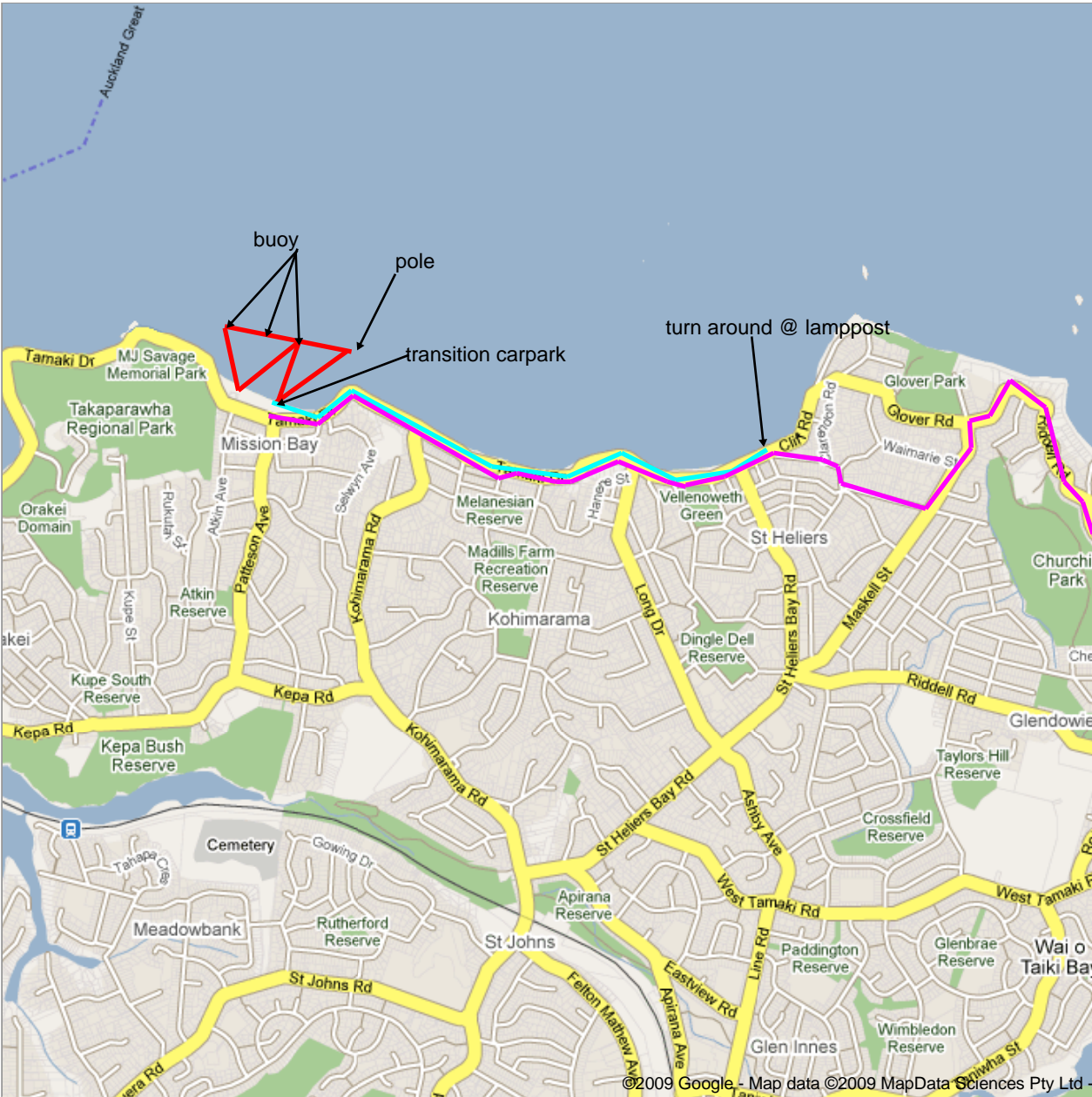




Get Google Maps on your phone

Text the word "GMAPS" to 466453



see bike course map

Mission Bay Brick Session

Swim Course

distance varies - 1.5-2.0km

Run Course

flat out and back 5km

Bike Course

flat and undulating out and back 30km