

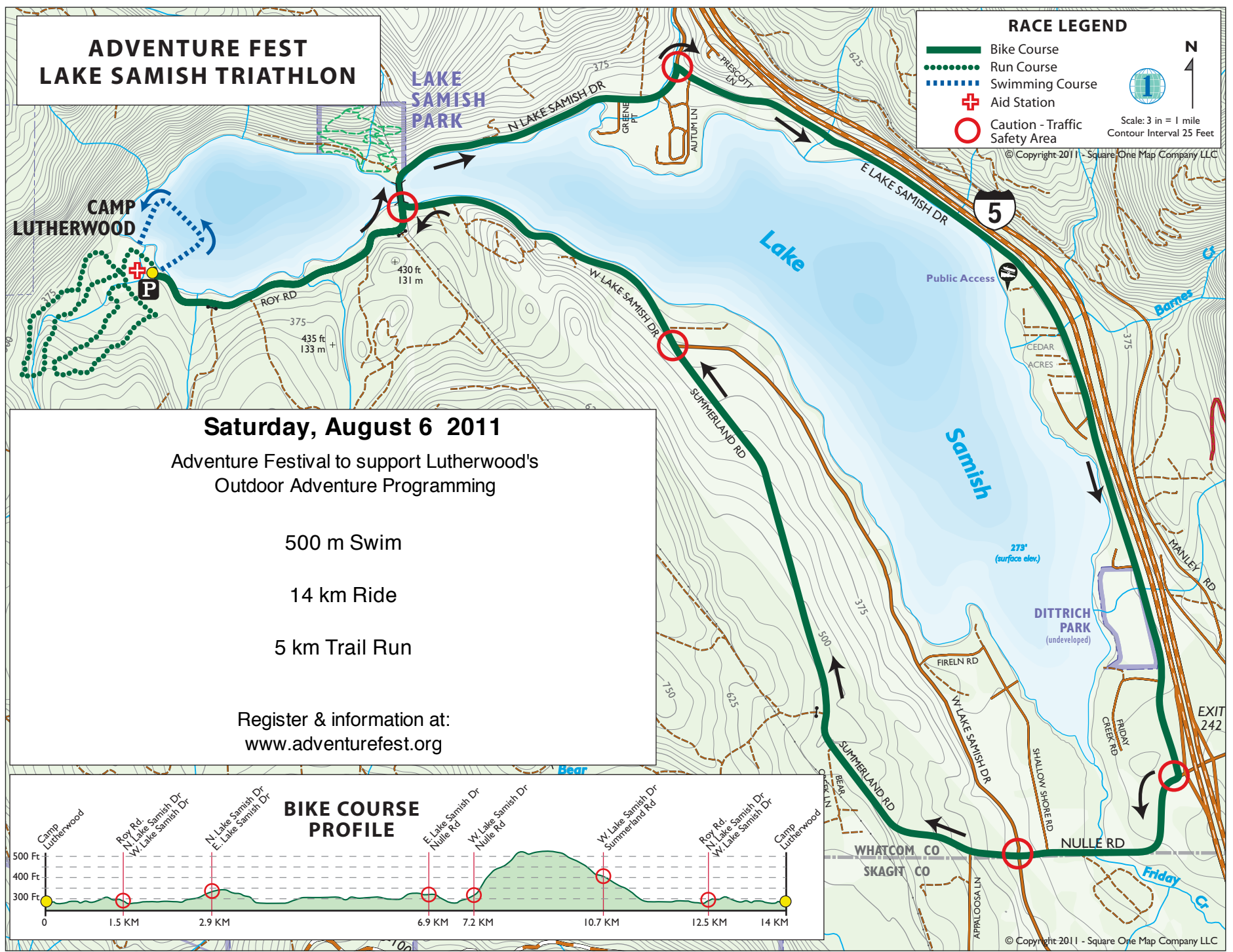
# ADVENTURE FEST LAKE SAMISH TRIATHLON

## RACE LEGEND

-  Bike Course
-  Run Course
-  Swimming Course
-  Aid Station
-  Caution - Traffic Safety Area

Scale: 3 in = 1 mile  
Contour Interval 25 Feet

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**Saturday, August 6 2011**

Adventure Festival to support Lutherwood's  
Outdoor Adventure Programming

500 m Swim

14 km Ride

5 km Trail Run

Register & information at:  
[www.adventurefest.org](http://www.adventurefest.org)

### BIKE COURSE PROFILE

