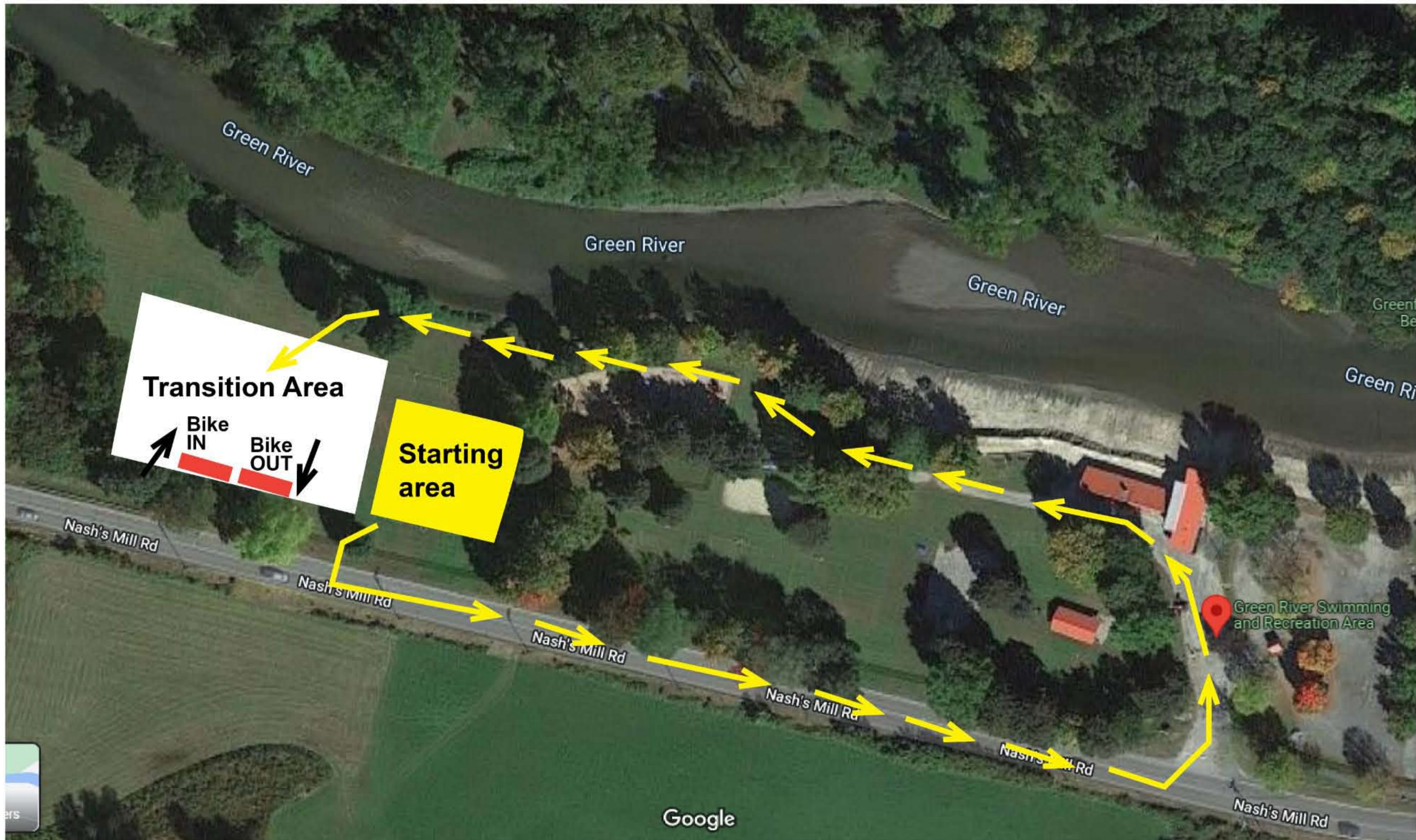


Swim Replacement Run



Athletes will gather in the starting area - outside of transition - and go off **according to swim wave start time**. Athletes will proceed left down Nash's Mill Road, turn left into the park entrance, and run along the river into the transition area to retrieve their bikes. (*Distance of run approx. .3 mile*)