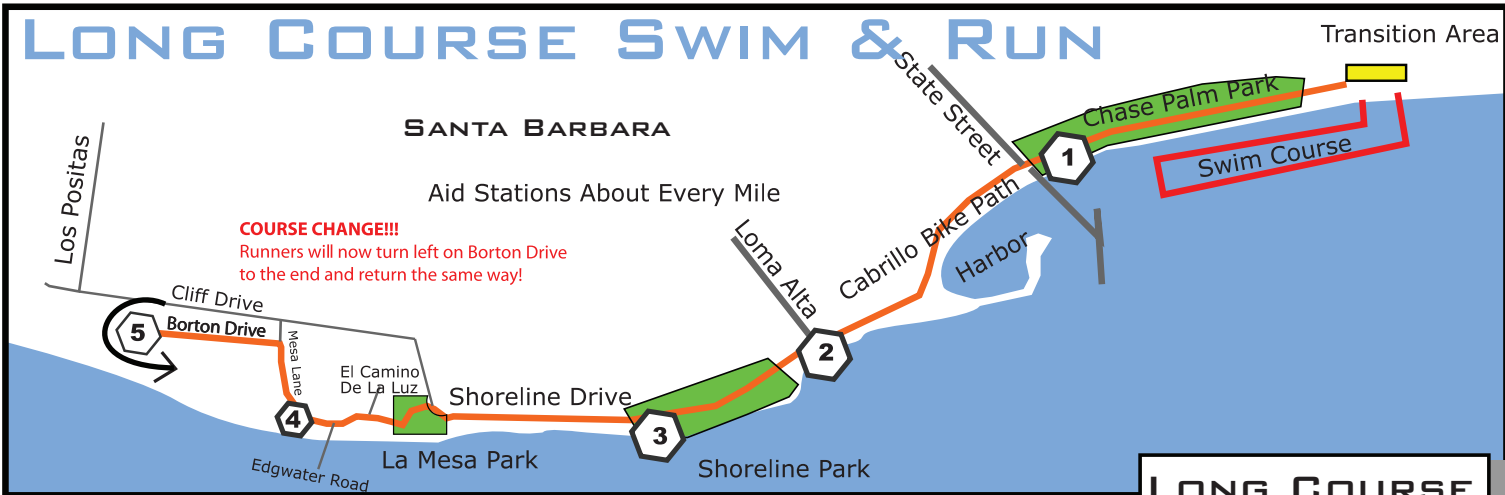




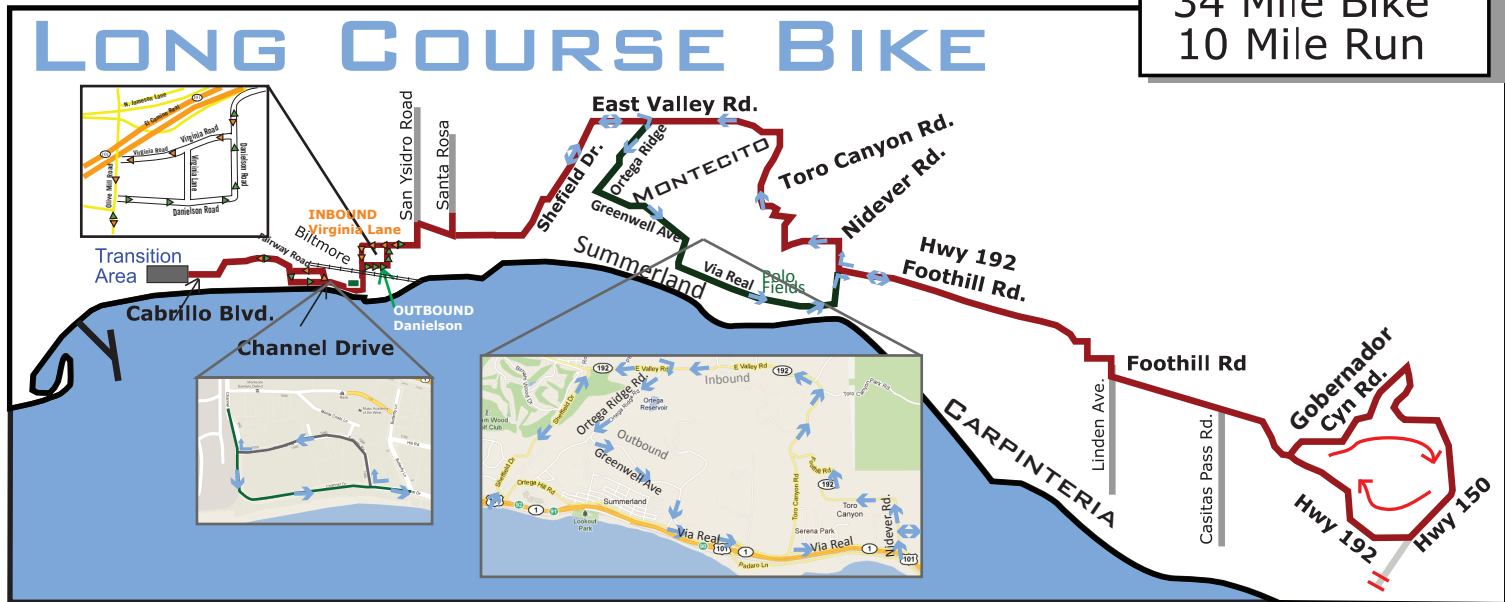
# SANTA BARBARA TRIATHLON

## LONG COURSE SWIM & RUN

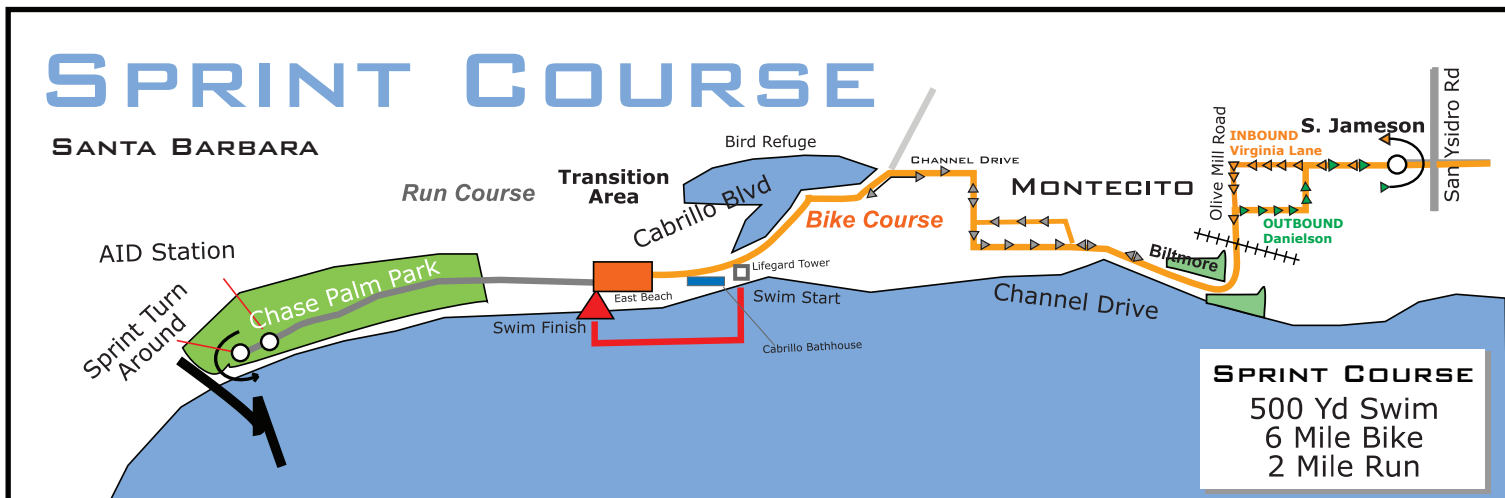


**LONG COURSE**  
1 Mile Swim  
34 Mile Bike  
10 Mile Run

## LONG COURSE BIKE



## SPRINT COURSE



**SPRINT COURSE**  
500 Yd Swim  
6 Mile Bike  
2 Mile Run

**!** Obey All Traffic Laws!!  
This is an 'Open' course!  
Traffic Violations will result in  
Automatic Disqualification!!!