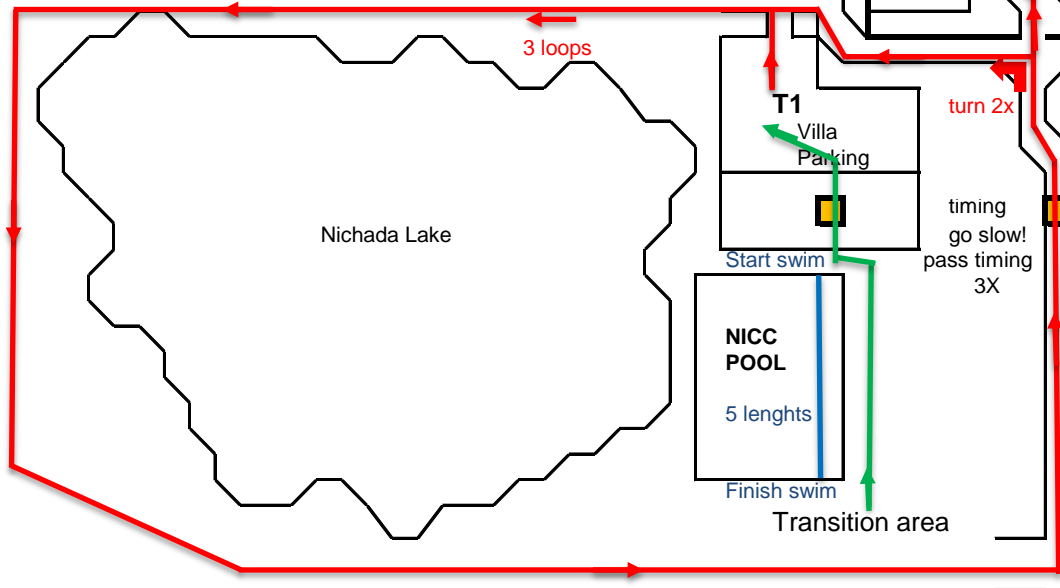
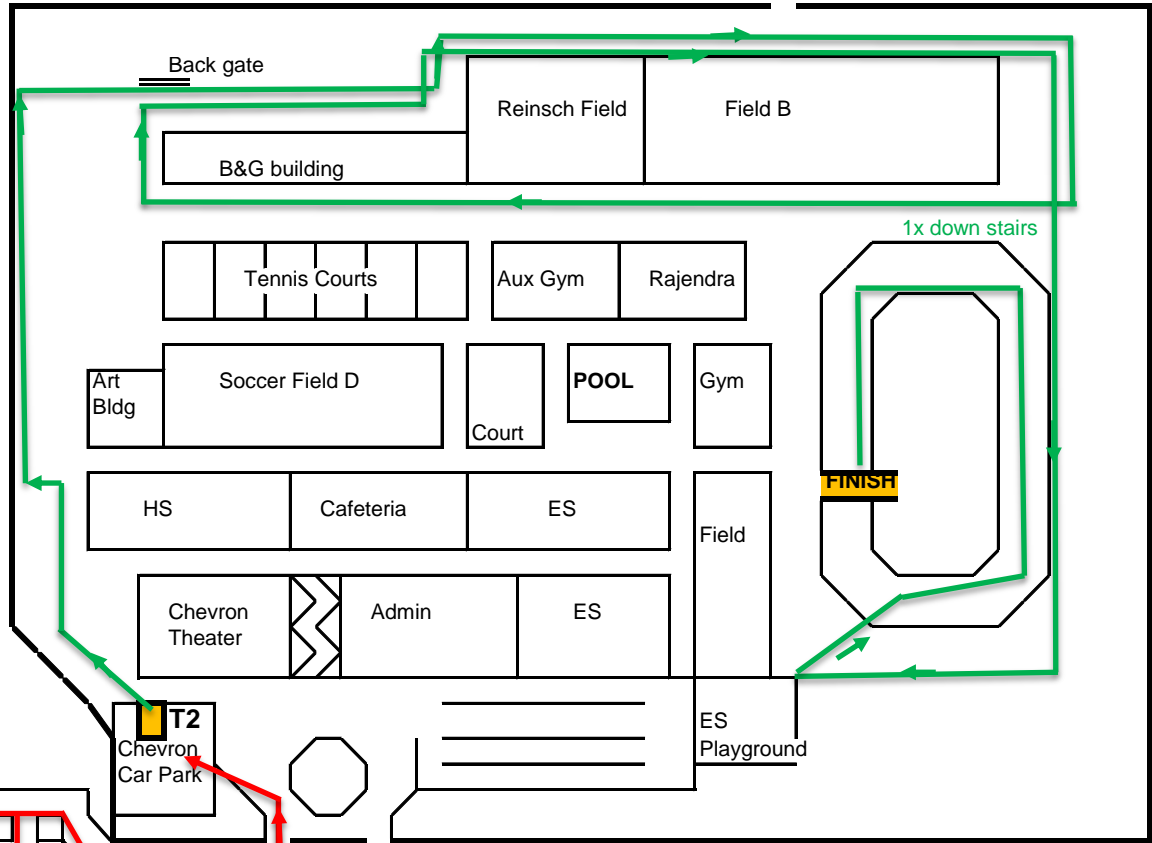




# 13-14 Course

- \* 250 meter Swim (5 lengths) at NICC Pool, start Clark-Hatch side
  - after swim put on helmet, clothes and shoes on the pool deck
  - from the pool run through the tunnel past Villa Market and up to the parking lot to the bike transition (next to mini-golf)
- \* 6.8 km Bike (three times around the lake)
  - bike out of transition near Bumrungrad clinic. Turn left, stay left
  - bike 3 times around the lake (counter clock-wise)
  - enter ISB through the left gate
  - enter transition at Chevron Car Park
- \* 2.2 km Run
  - from transition follow the road that leads to the back of school
  - before the new art building turn left into cross country path
  - follow the cross country path around the Reinsch Field
  - come down the green stairs to the side of field B
  - run along field B and tennis courts up to track again after B&G
  - in 2nd loop continue on XCpath until corner ES playground
  - go down to the track, turn right on the track
  - finish counterclockwise around the track



You need to bike 3 loops around the lake!

Map not to Scale