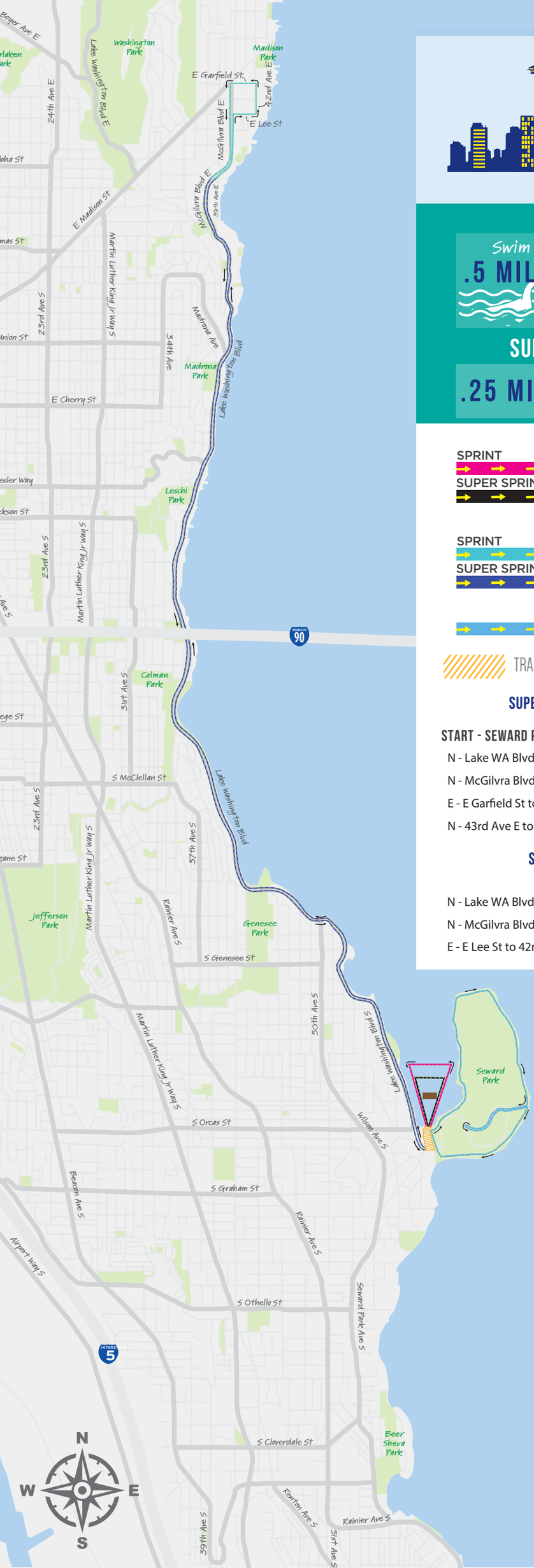


Sunday, July 21

SEAFAIR TRIATHLON

SPRINT DISTANCE COURSE

Swim	Bike	Run
.5 MILE	14 MILE	5K

SUPER SPRINT DISTANCE COURSE

.25 MILE	12 MILE	5K

SWIM ROUTE

SPRINT

SUPER SPRINT

BIKE ROUTE

SPRINT

SUPER SPRINT

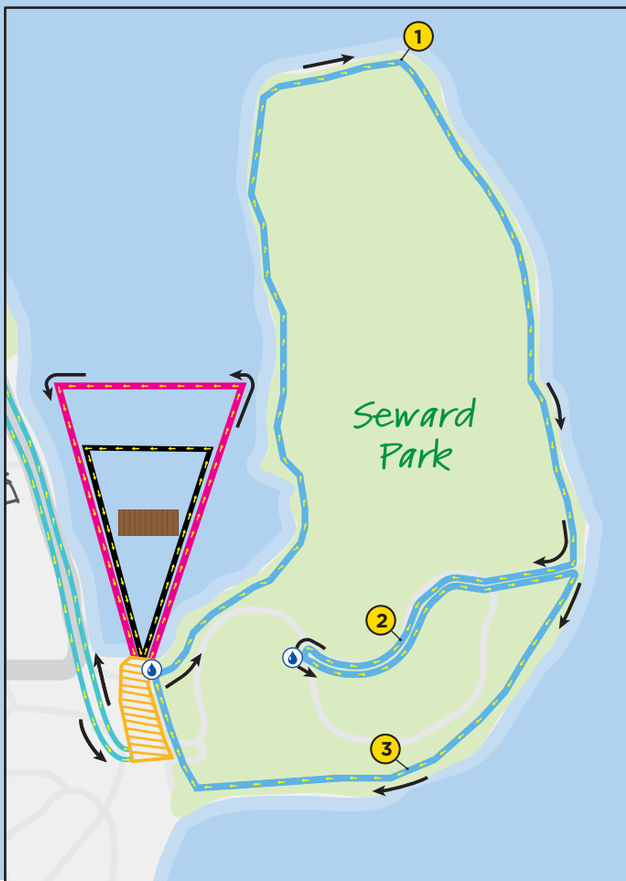
RUN ROUTE

TRANSITION ZONE — RUN MILE MARKER — WATER STATION

SUPER SPRINT DISTANCE BIKE ROUTE DESCRIPTION

START - SEWARD PARK

N - Lake WA Blvd to McGilvra Blvd E
N - McGilvra Blvd E to E Garfiled St
E - E Garfield St to 43rd Ave E
N - 43rd Ave E to E Blaine St
W - E Blaine St to 42nd Ave E
S - 42nd Ave E to E Garfield St
W - E Garfield St to McGilvra Blvd E
S - McGilvra Blvd E to Lake WA Blvd

SPRINT DISTANCE BIKE ROUTE DESCRIPTION
(PARTICIPANTS WILL CONTINUE NORTH TO):

N - Lake WA Blvd to McGilvra Blvd
N - McGilvra Blvd to E Lee St
E - E Lee St to 42nd Ave E
N - 42nd Ave E to E Garfield St
W - E Garfield St to McGilvra Blvd E
S - McGilvra Blvd E to Lake WA Blvd