

RIPROAR OMAHA

GILES ROAD

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CHALCO HILLS RECREATION AREA



	SWIM COURSE
	SWIM COURSE *ABBREVIATED*
	RUN COURSE
	BIKE COURSE
	LEGENDS BIKE COURSE *EXTENDED*

SENIORS

- 2 LAPS SWIM
- 3 LAP BIKE
- 2 LAP RUN

LEGENDS

- 3 LAP SWIM
- 3 LAP BIKE *EXTENDED*
- 3 LAP RUN

INTERMEDIATES

- 1 LAP SWIM
- 2 LAP BIKE
- 1 LAP RUN

JUNIORS

- 1 LAP SWIM *ABBREVIATED*
- 1 LAP BIKE
- 1 LAP RUN *ABBREVIATED*

WEHRSPANN LAKE