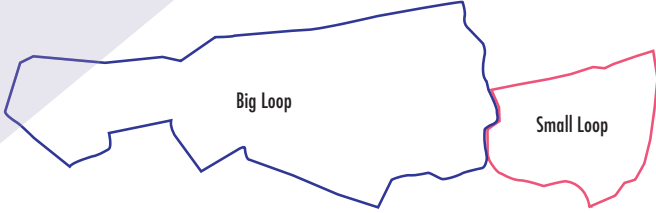
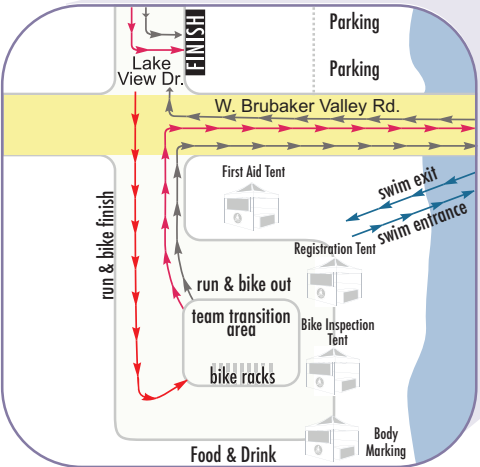


# Lancaster Family YMCA Triathlon Sprint Course

■ Swim Course: 0.9 mile ■ Bike Course: 24.8 miles ■ Run Course: 6.2 miles



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