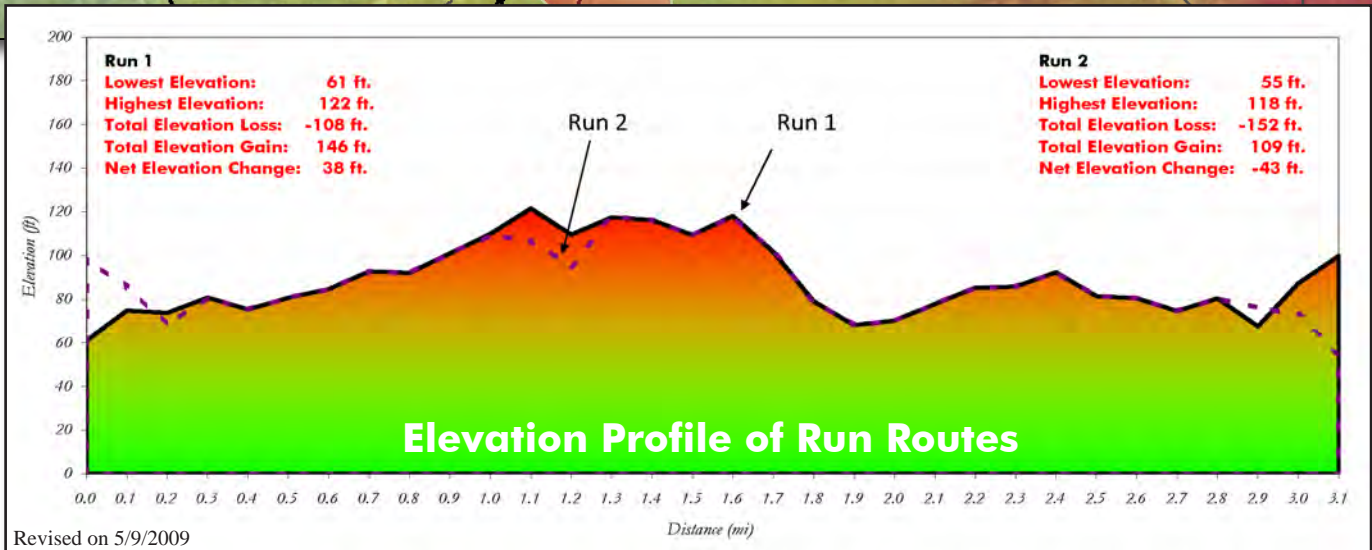
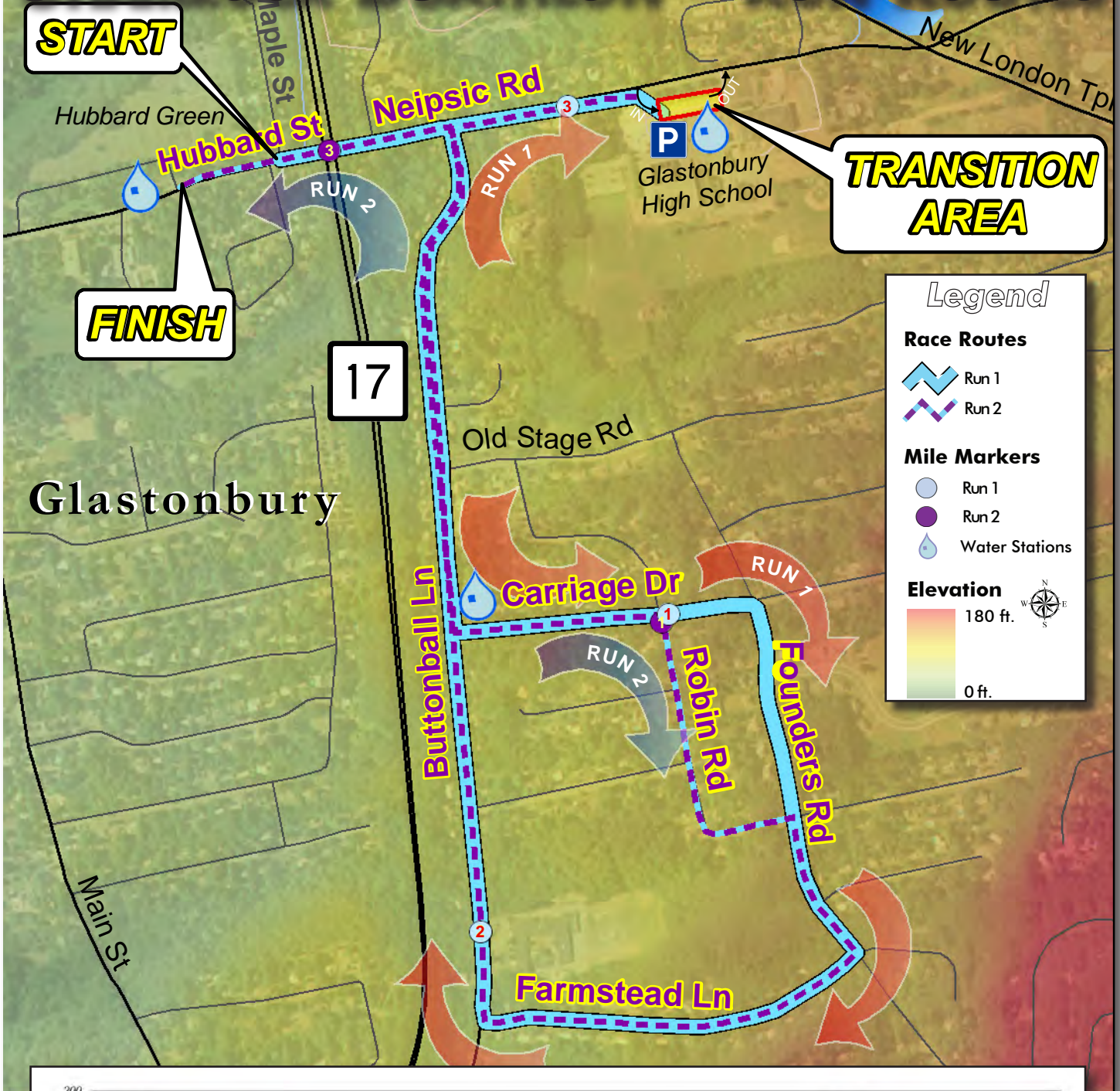


SHAMROCK DUATHLON - RUN ROUTES



Revised on 5/9/2009