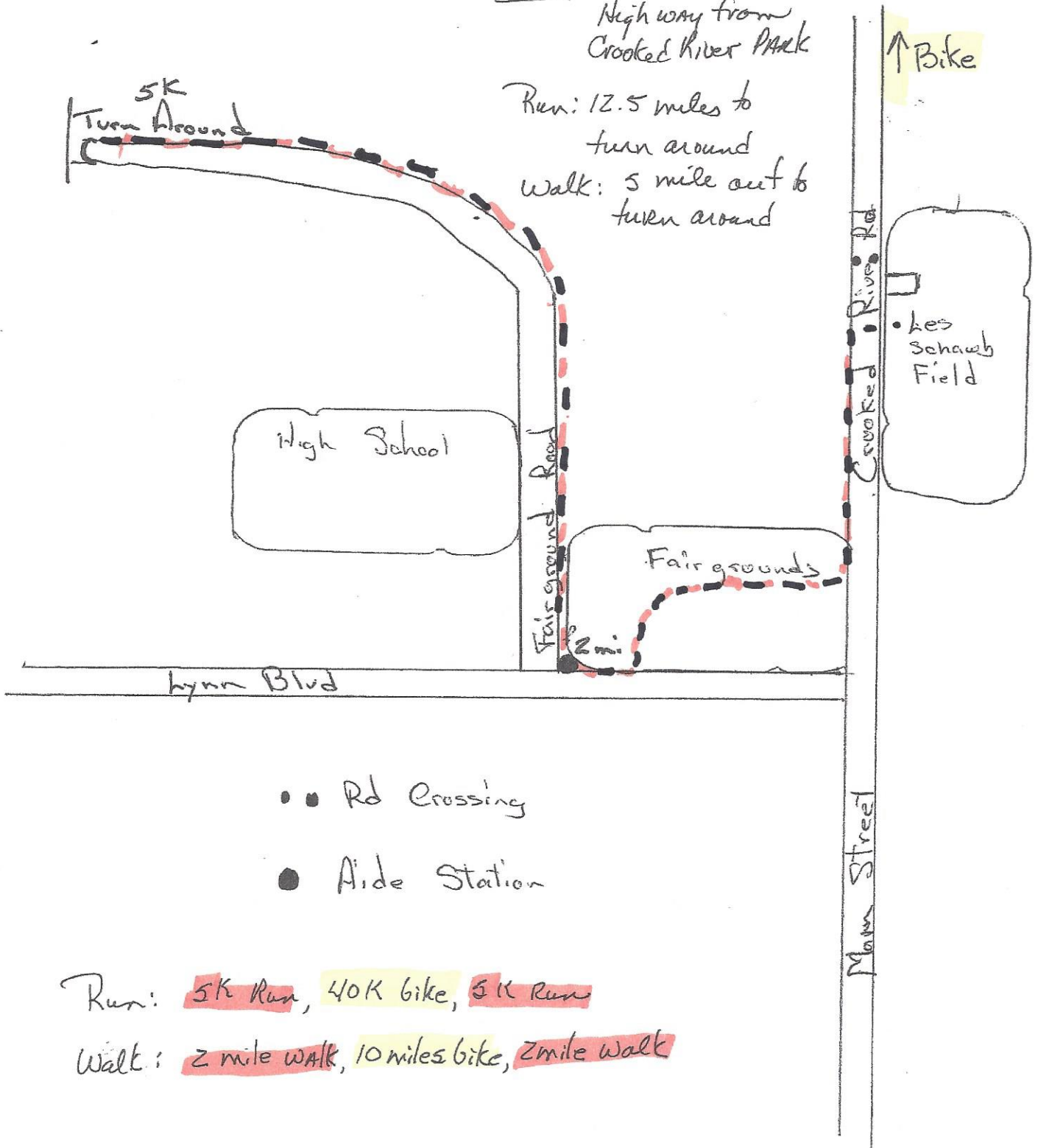


Bike: out Crooked River
High way from
Crooked River Park

Run: 12.5 miles to
turn around
Walk: 5 mile out to
turn around



Run: 5K Run, 40K bike, 5K Run

Walk: 2 mile walk, 10 miles bike, 2 mile walk