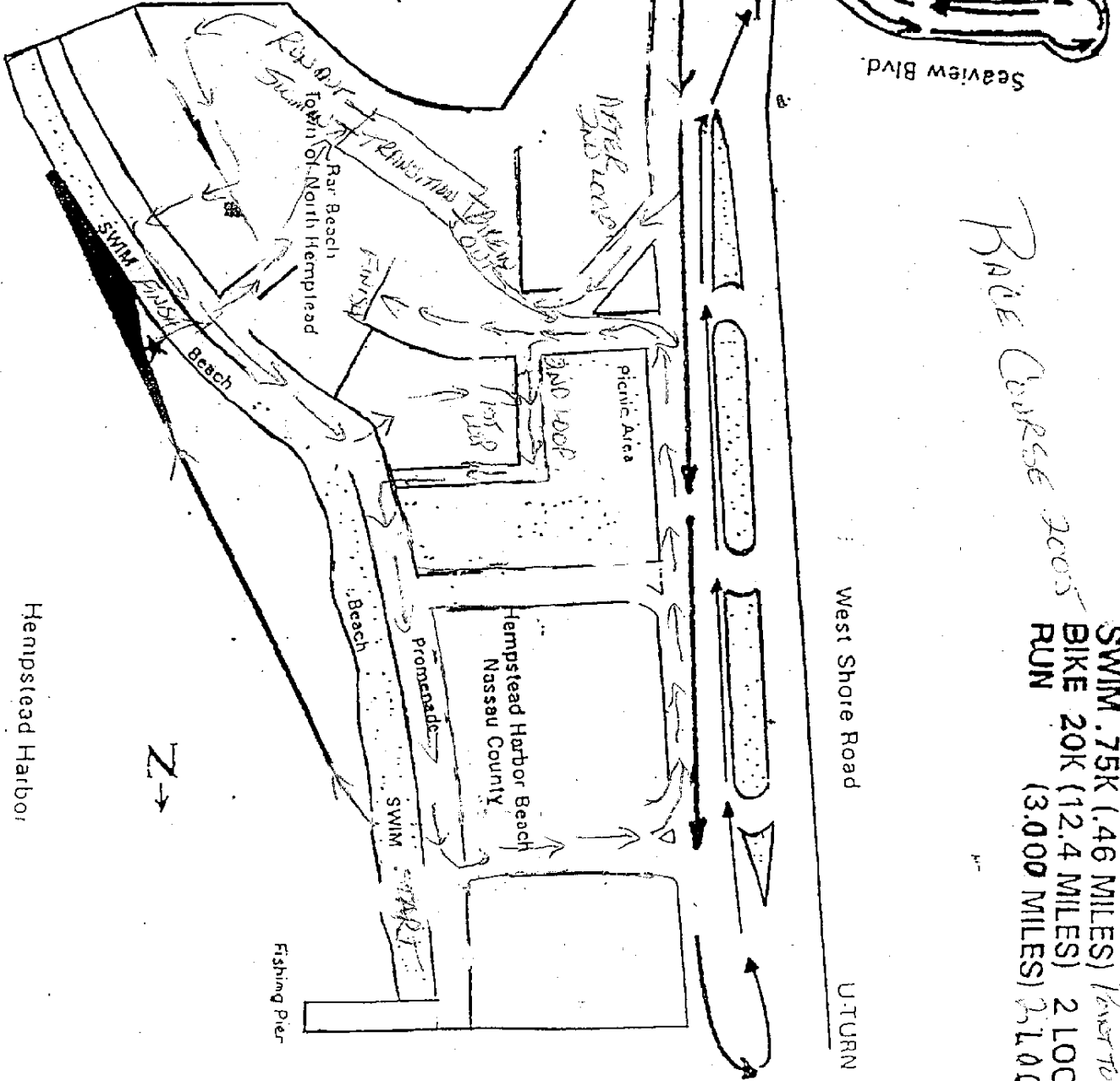


LONG ISLAND GOLD COAST TRIATHLON June 19, 2005



Long Island Gold Coast Triathlon & Relay



RACE COURSE 2005

SWIM .75K (1.46 MILES) *Back to front*
BIKE 20K (12.4 MILES) 2 LOOPS
RUN (3.000 MILES) 2,100 PS

Hempstead Harbor

N →

West Shore Road

U-TURN