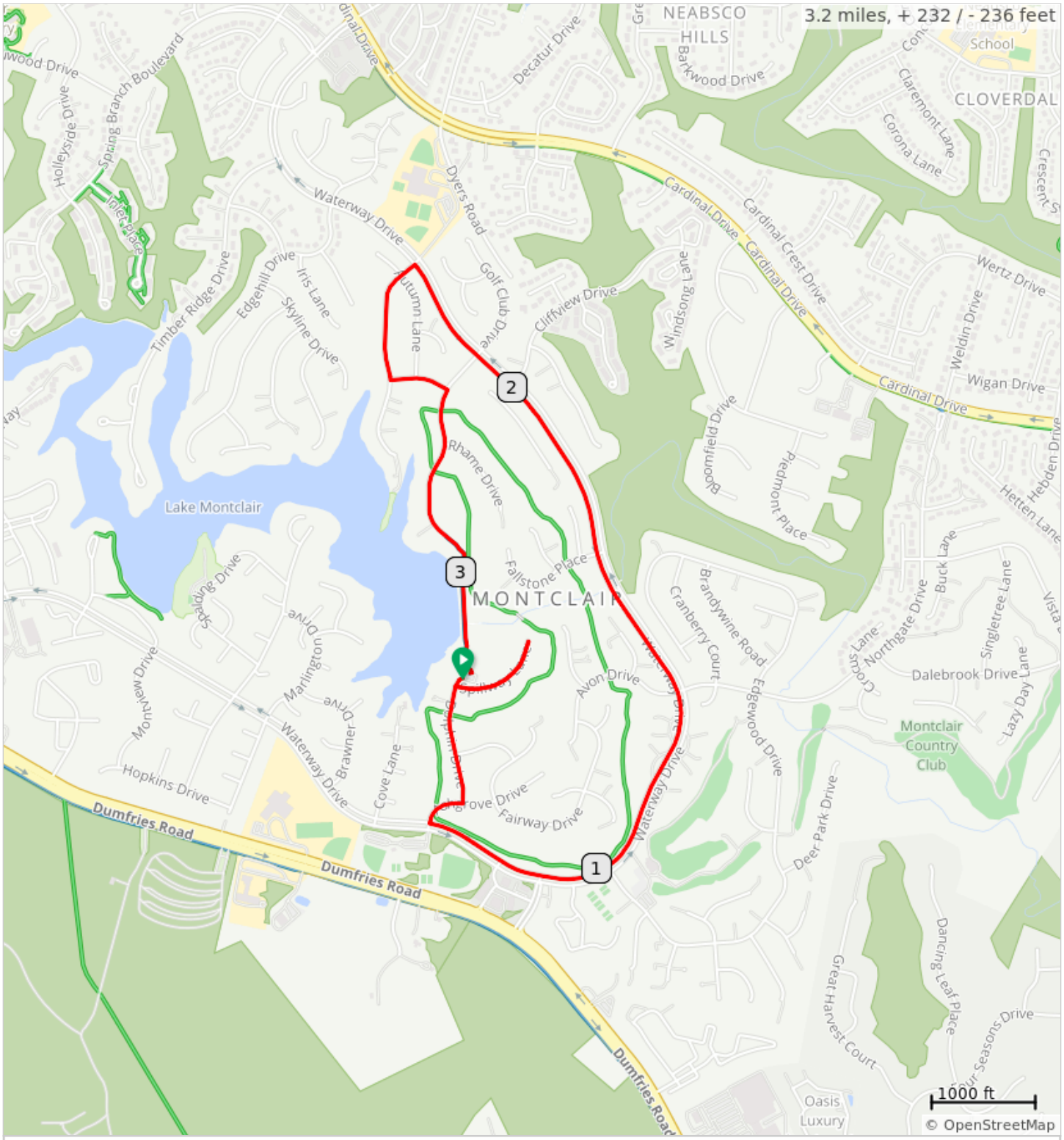Lake Montclair Triathlon Run Course - 3.1 miles