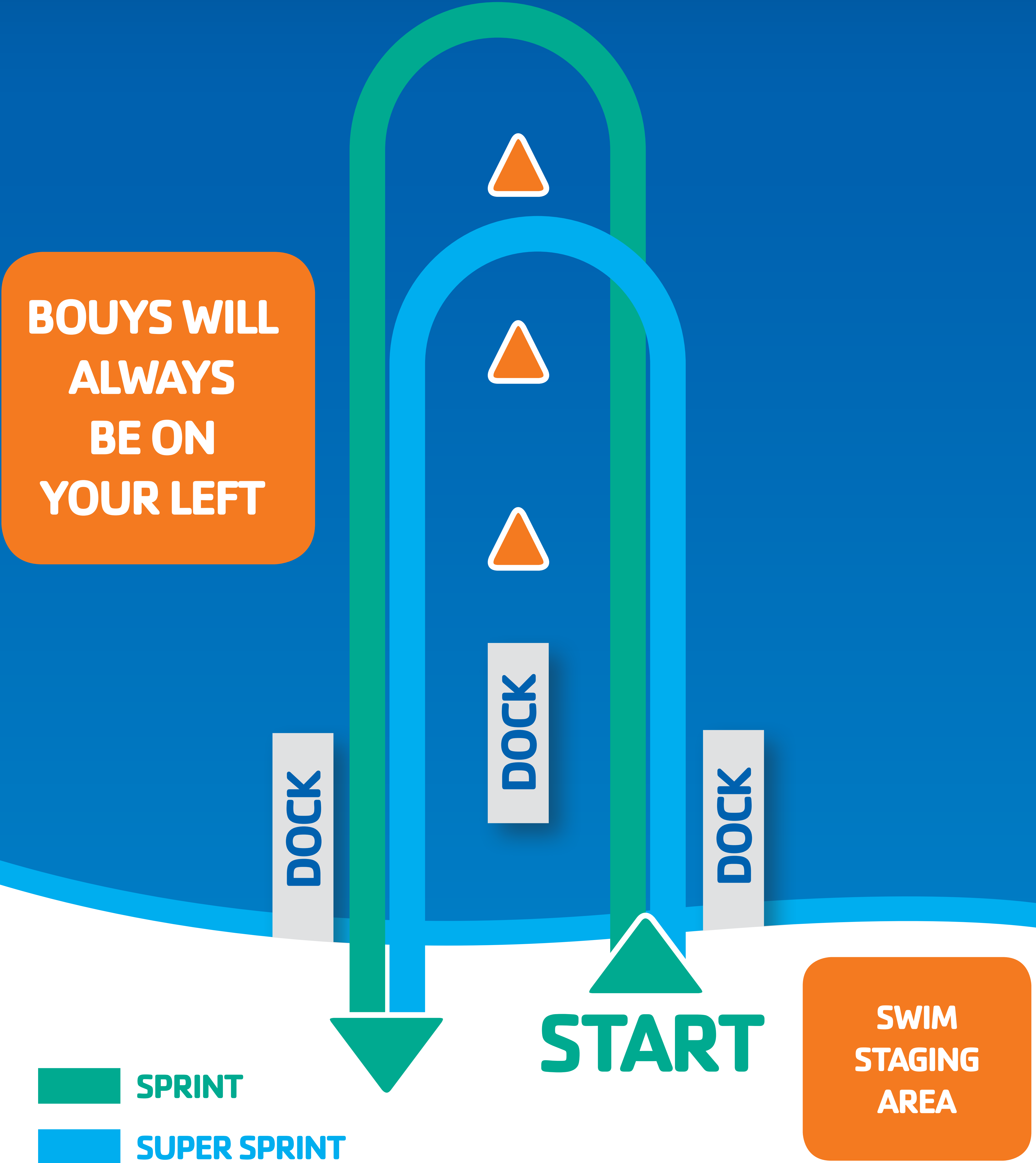


500 YARD SWIM

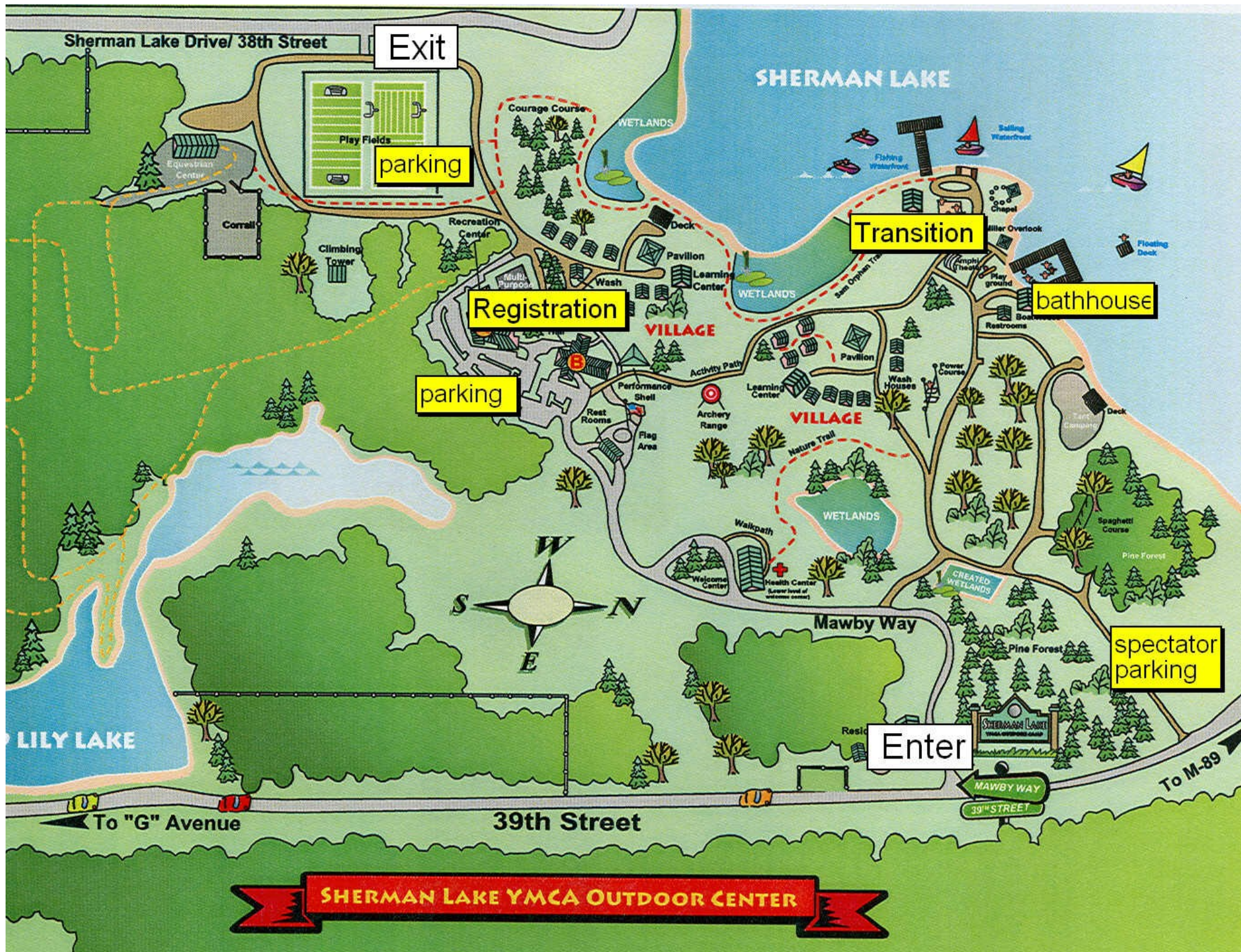


10 MILE BIKE



5K RUN





SHERMAN LAKE YMCA OUTDOOR CENTER