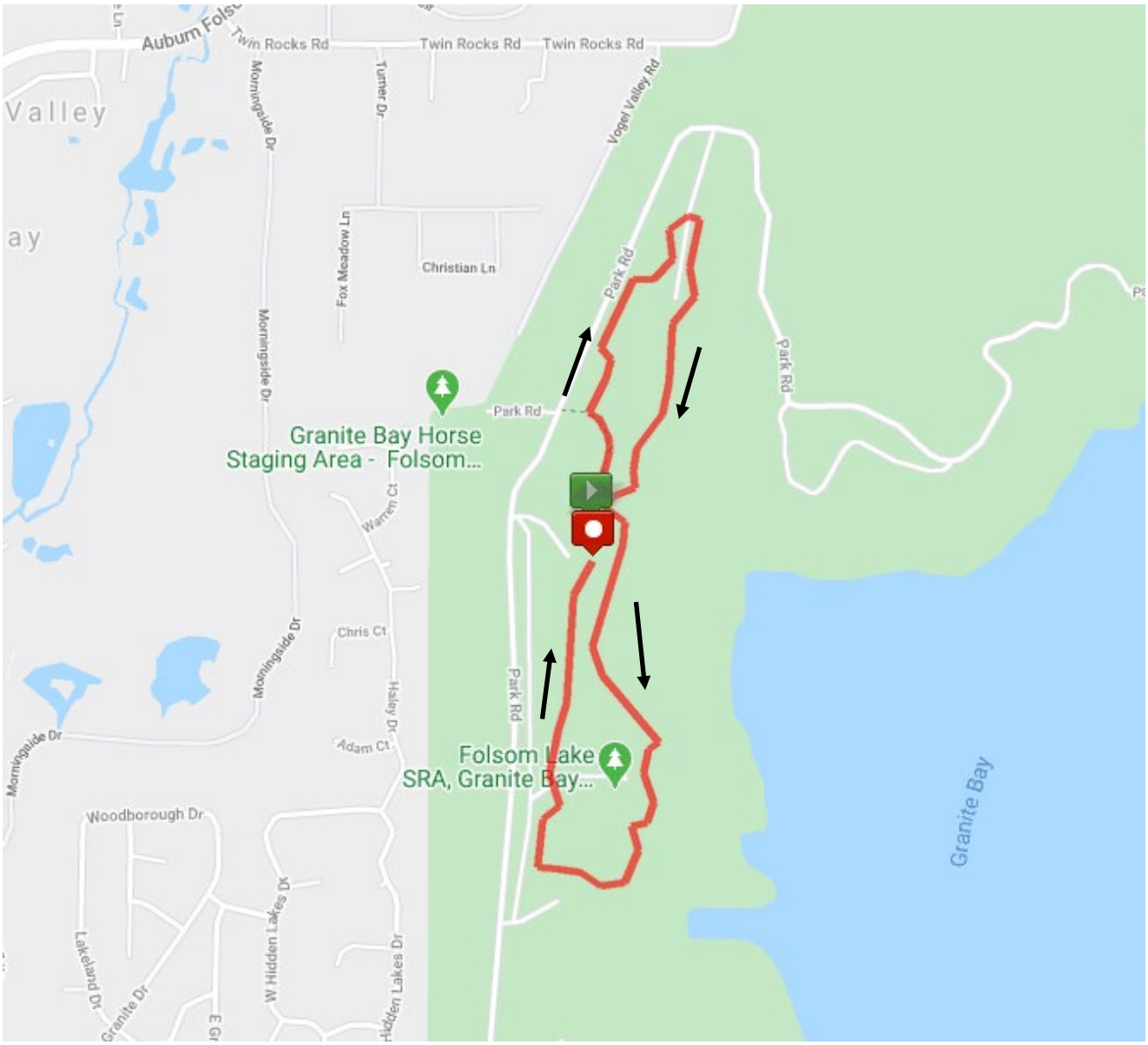
TBF Training

Friday Night – Mini practice triathlon

2 mile run course - 60 feet elevation gain