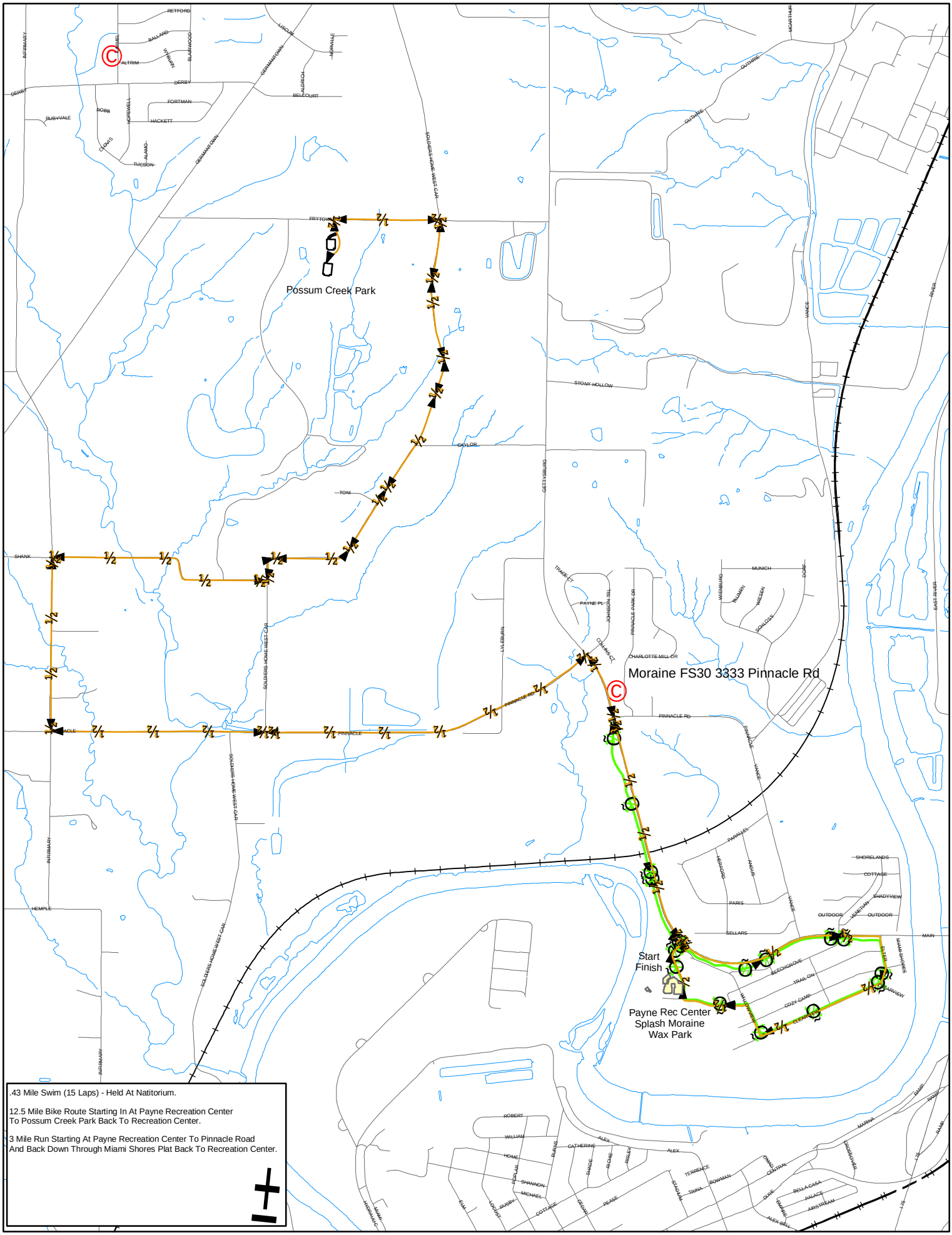Triathlon Routes