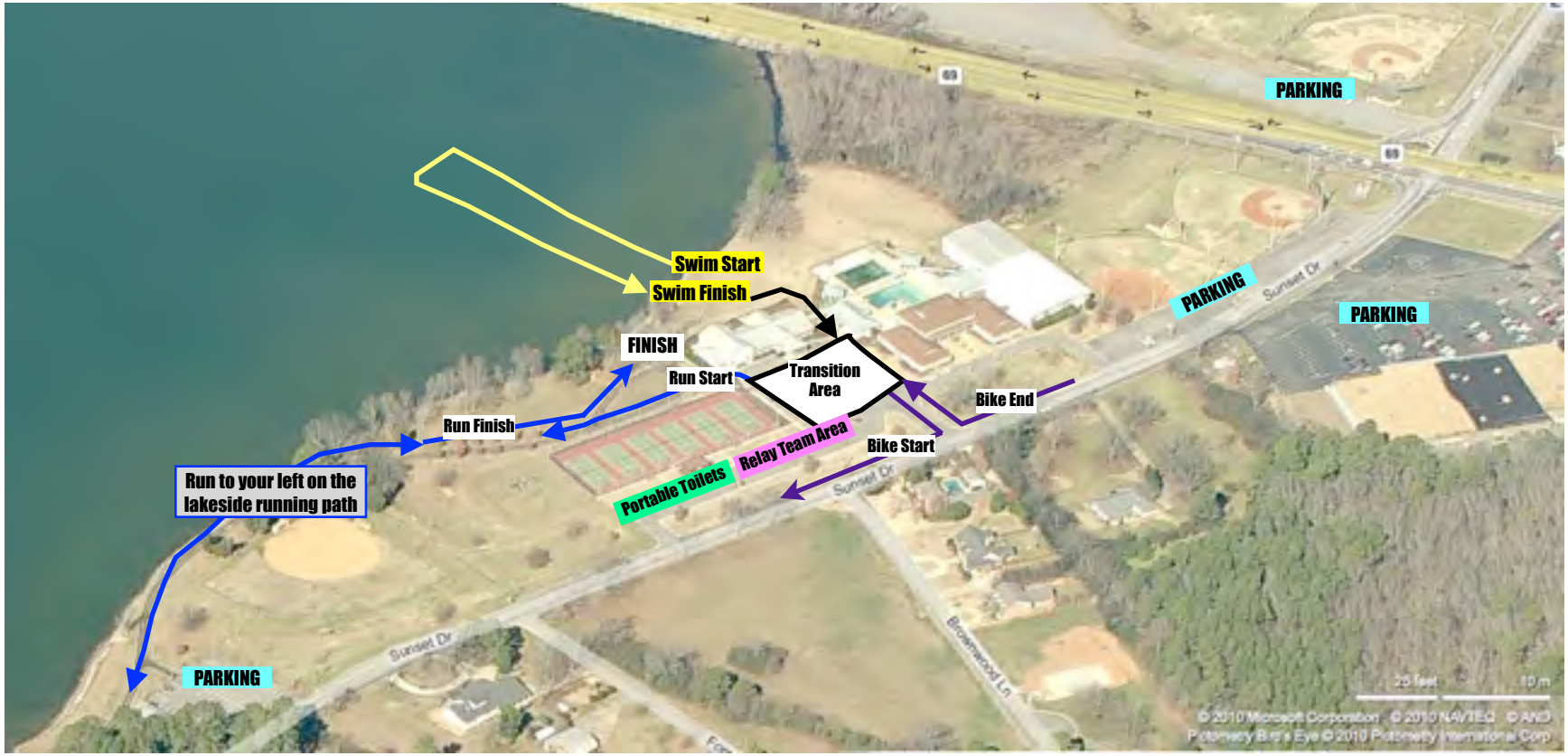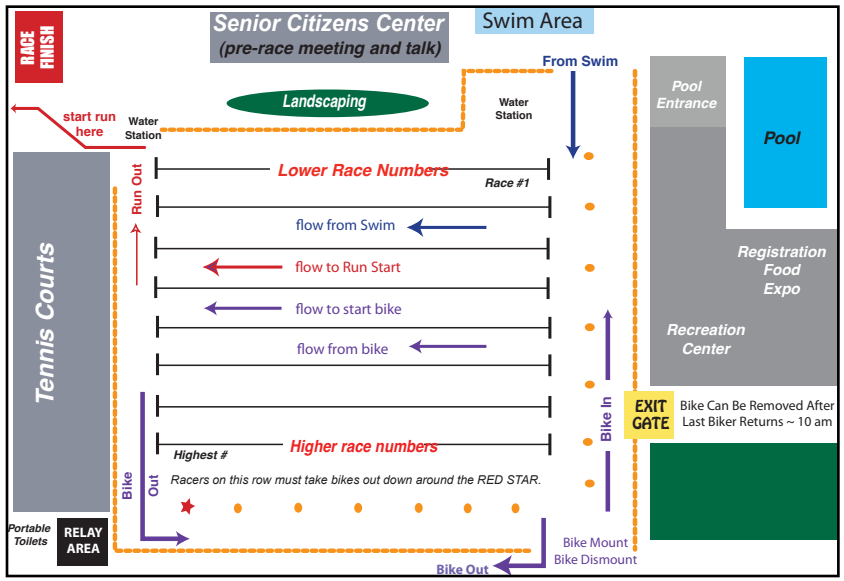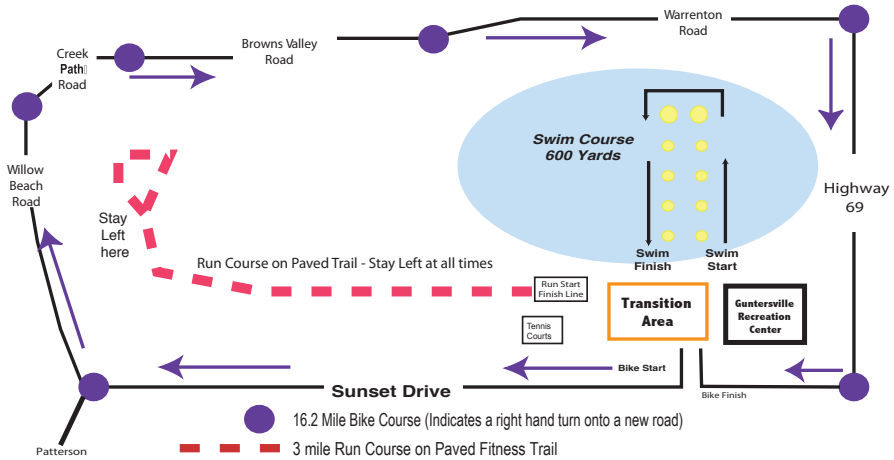Mountain Lakes Triathlon Event Staging: 600 yard swim / 16.2 mile bike / 3 mile run