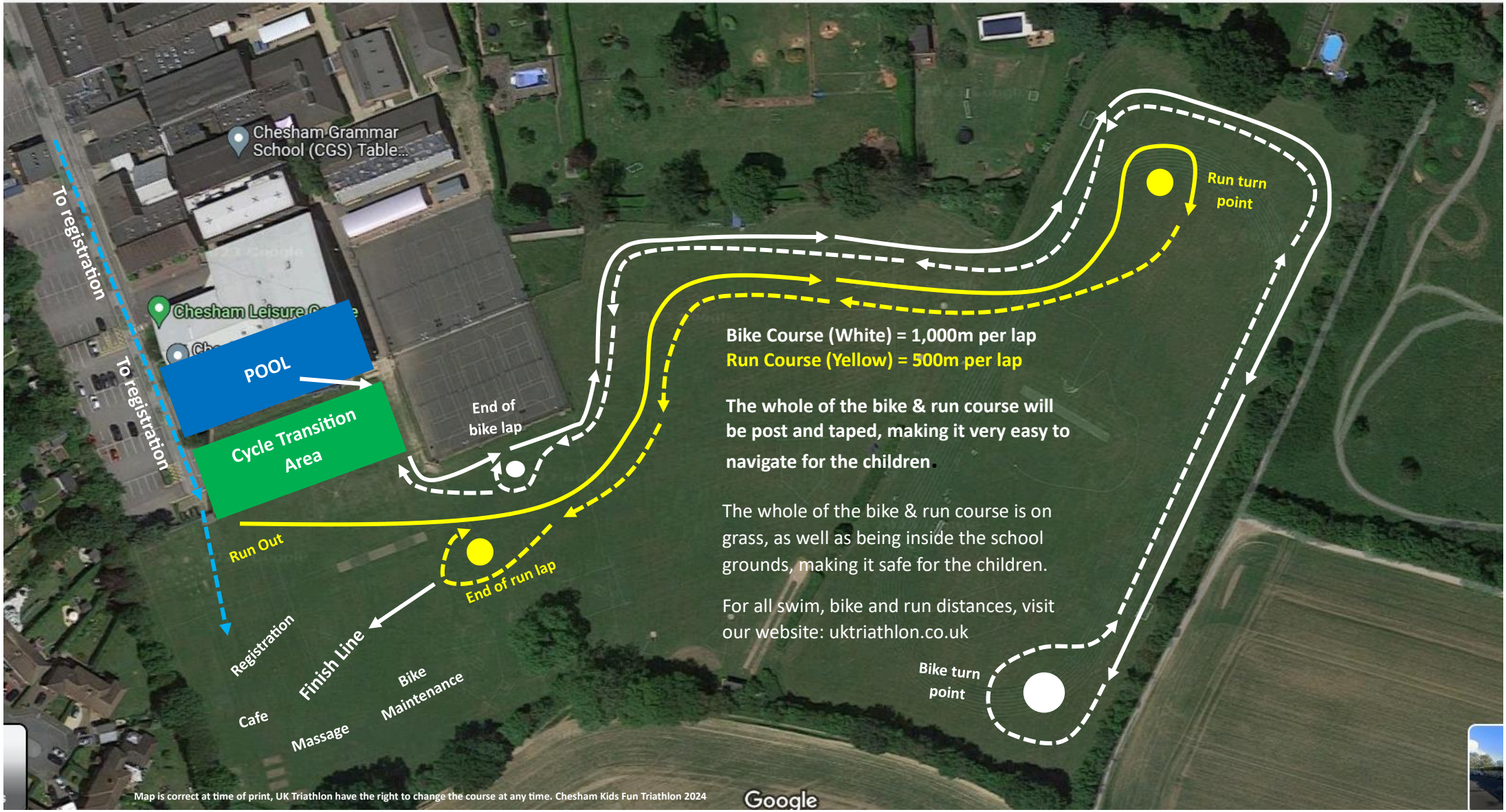Chesham Kids Fun Triathlon Event Arena, Bike & Run Course