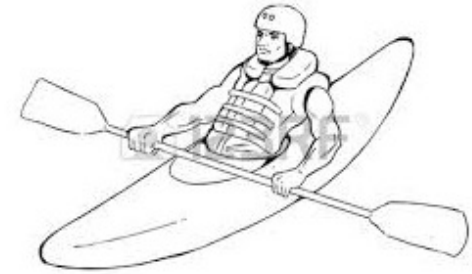
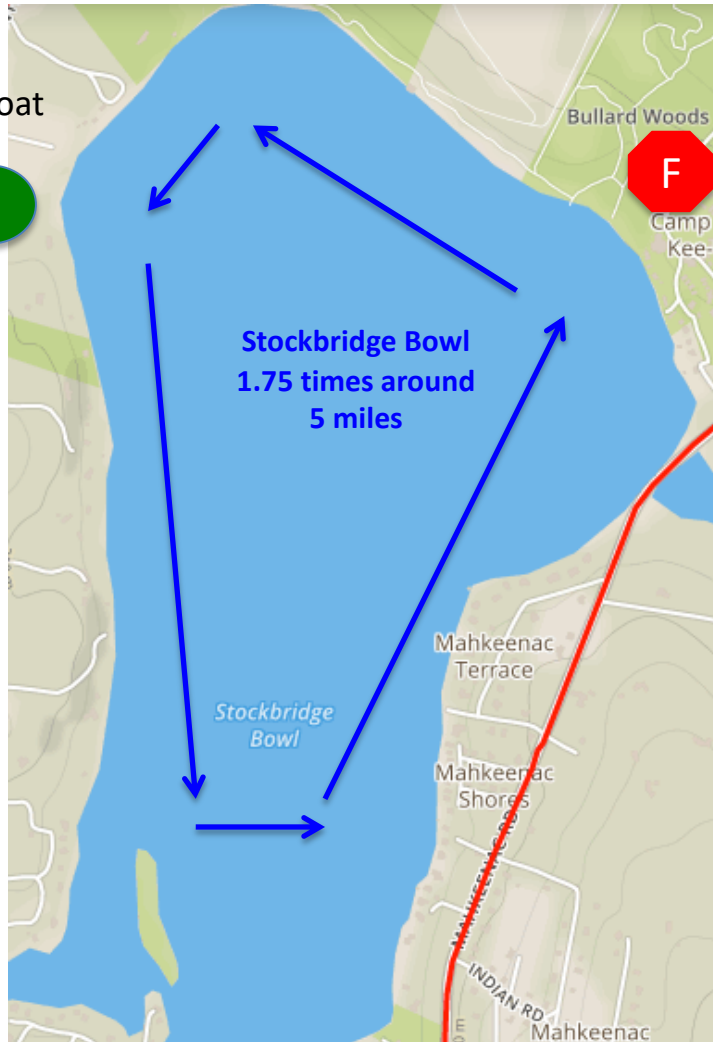


Paddle Tips

5 mile Kayak / Canoe / Paddle Board



Start at the boat ramp



Finish at Camp Mah-Keenac

Tips

- Coordinate a transition plan with your teammates.
- Reference the Josh Billing's website for boat drop-off & pick-up details.
- Ironman & Tin teams are allowed a Helper.
- Bike-to-Paddle: Listen closely for your bib number as cyclists are nearing the finish line.
- Paddle-to-Run: Paddle in close to runner, soak your wrist band or place over tennis ball before throwing it to them.