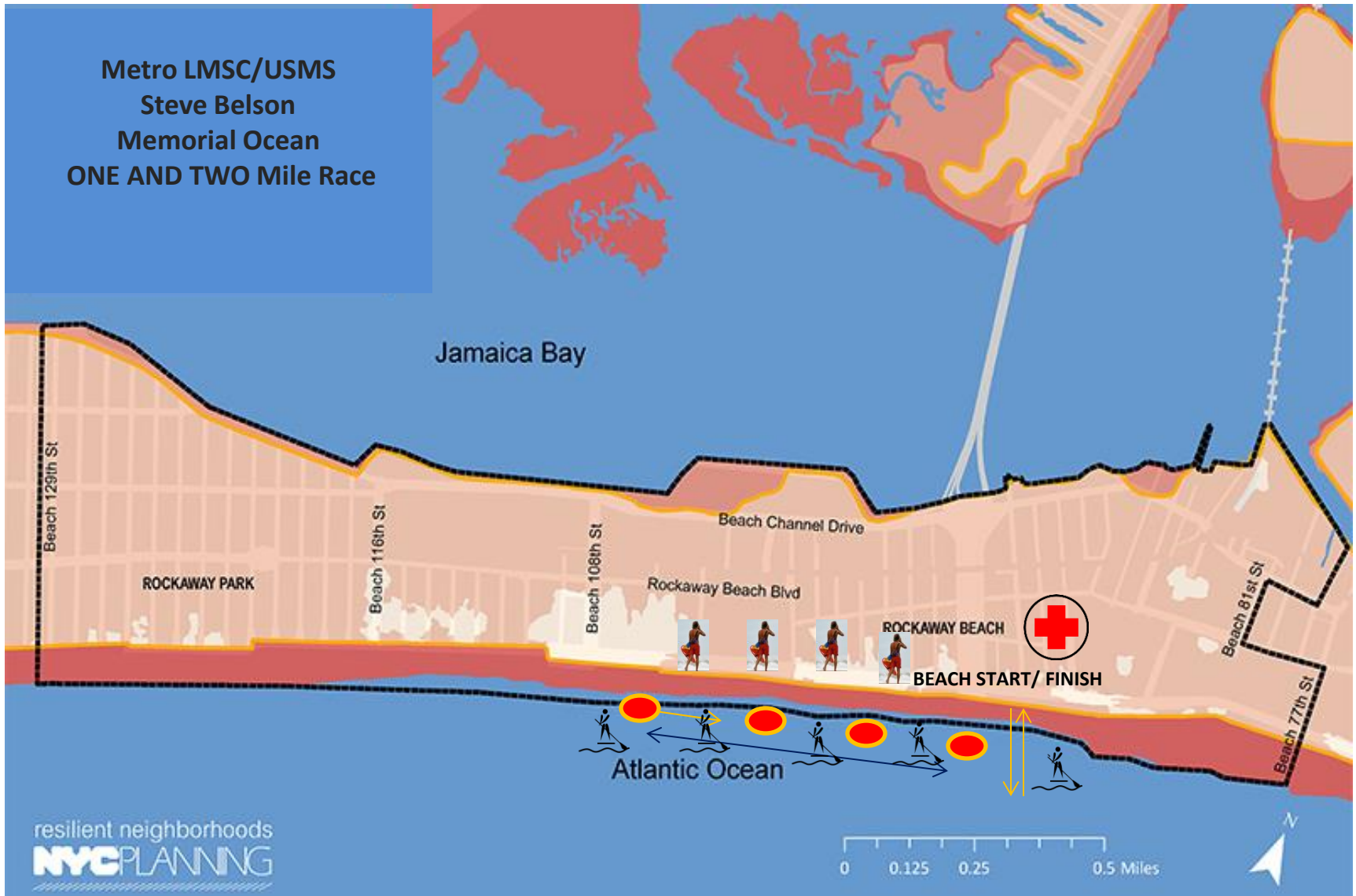


Metro LMSC/USMS
Steve Belson
Memorial Ocean
ONE AND TWO Mile Race



**HALF MILE OUT AND BACK. RIGHT SHOULDER TURNS AROUND START AND ½ MILE BUOY.
LEFT SHOULDER TURN AT FINISH BUOY. BEACH RUN FINISH THROUGH FLAGS.
ONE MILE – ONE LOOP. TWO MILE – TWO LOOPS.**