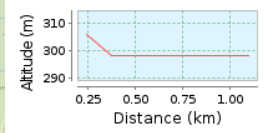


# BOW-Leg 7, Swim 0.7 mile, Crooked Lake



0.68 miles (one-way trip)

Total climb: 3 ft, Total descent: 26 ft

Altitude range 26 ft (Altitude from: 977 ft to 1003 ft)