



WINTER DUATHLON SERIES

July 6th & August 4th

COURSE

Long Course

- 4km Run: 4 Laps
- 18km Bike: 8 Laps (approx. 2.2km / lap)
- 2km Run: 2 Lap

Short Course

- 2km Run: 1 Laps
- 9km Bike: 4 Laps (approx. 2.2km / lap)
- 1km Run: 1/2 Lap