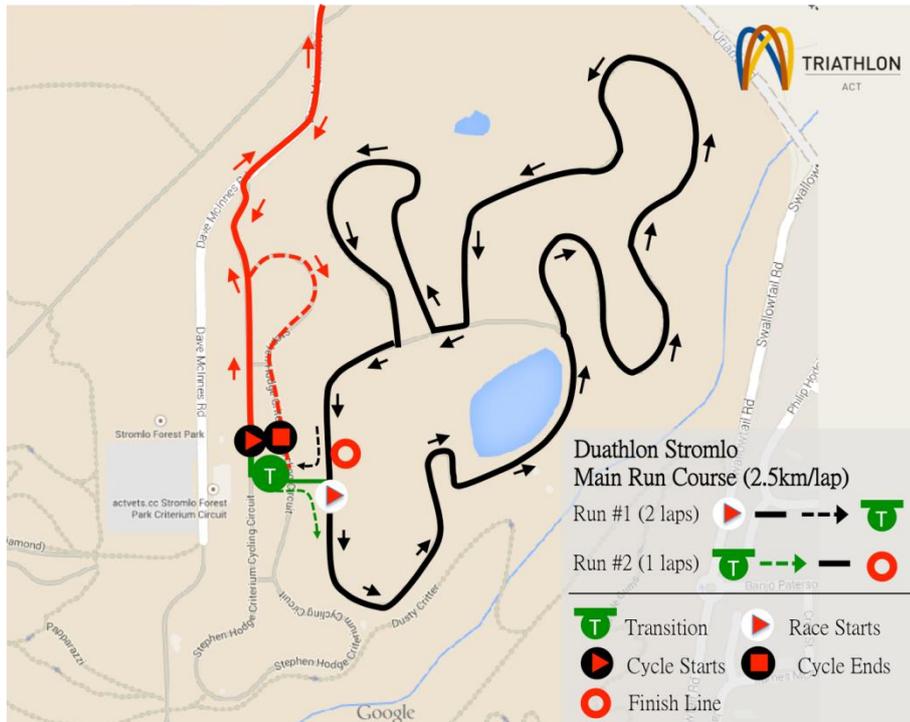


ACT Duathlon Champs – SPRINT Course

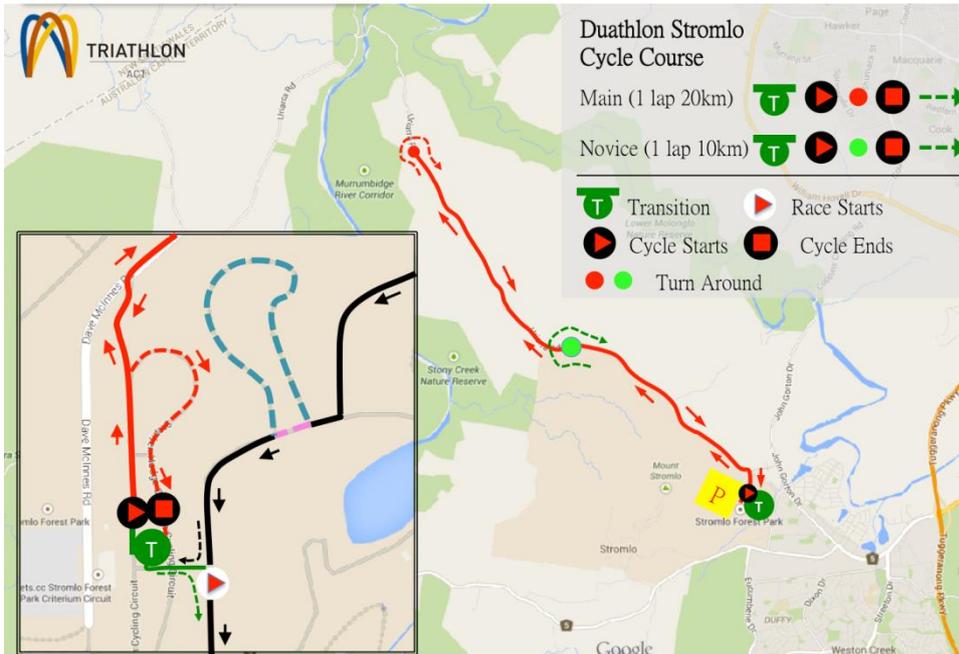
5km Run / 20km Cycle / 2.5km Run



The first run is two laps of a 2.5km loop course of the most beautiful grass running surface in Australia. There will be one aid station along the run course which is near the start line /2.5km point.

Start is on the grass opposite transition area. We will be heading right (anti-clockwise) as you look from transition. Follow the famous Deeks' Track which is the 2.5km circuit. Upon completing lap one, continue downhill and repeat for lap two.

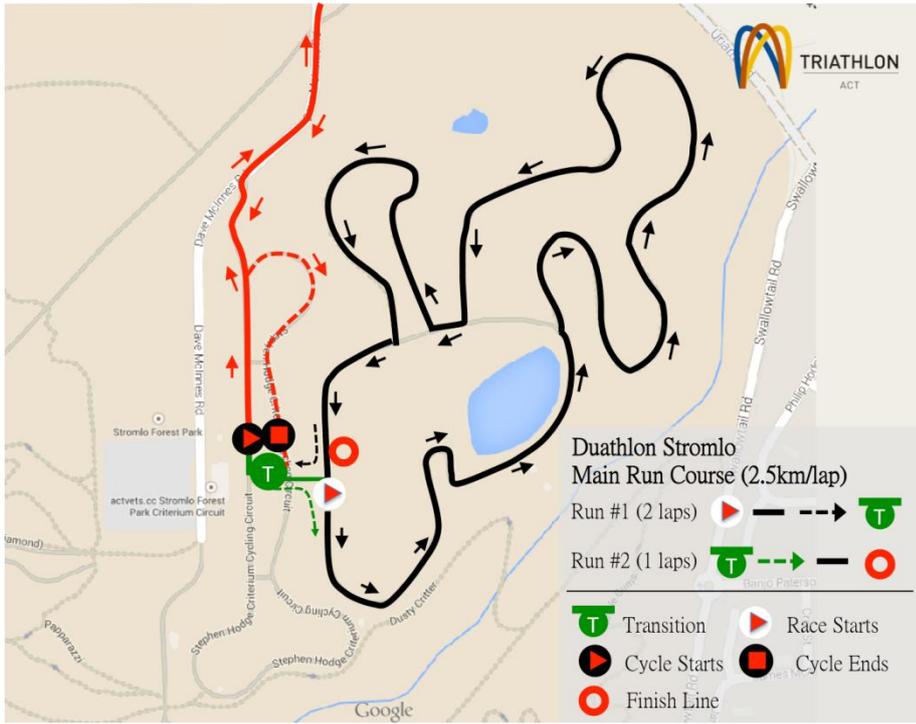
Upon returning at the end of your second lap, as you swing into the home straight, Follow the chute across to the Criterionum Circuit and transition. Follow the chute into transition for your bike leg.



Make sure your helmet is on and clipped in before moving your bike from the rack. Run your bike out of transition and wait until the mount line to get on it. The course commences on the Stephen Hodge Criterium Circuit, heading north or towards the entrance gate. Ride out the gate onto the road and continue heading north, through the roundabout and up to Uriarra Road where you turn left. This section is about 800m. Riders will complete one lap of the course. Head west along Uriarra Road. 5km out from transition there will be a turnaround point for the Novice course, proceed past this and continue for another 5km. At the top of the rise 10km out from transition is your turnaround point. Return back to Stromlo Forest Park.

Turn right into the park and proceed back the way you came out, taking the access road into the Criterium Circuit. Soon after there is a 150 degree turn to the left to go around the circuit please slow down taking this corner. Get off your bike before the dismount line and run your bike carefully into the transition area, keeping your helmet on until you have racked your bike.

Run 2



Run out the chute from transition and onto the grass track. You will go to the left of the aid station, through the Finish Arch and then turn right onto the run course. The second run is one lap of the 2.5km Deeks' Track. At the end of your lap, run through the Finish Arch again, this time with your hands high in celebration!

Transition

