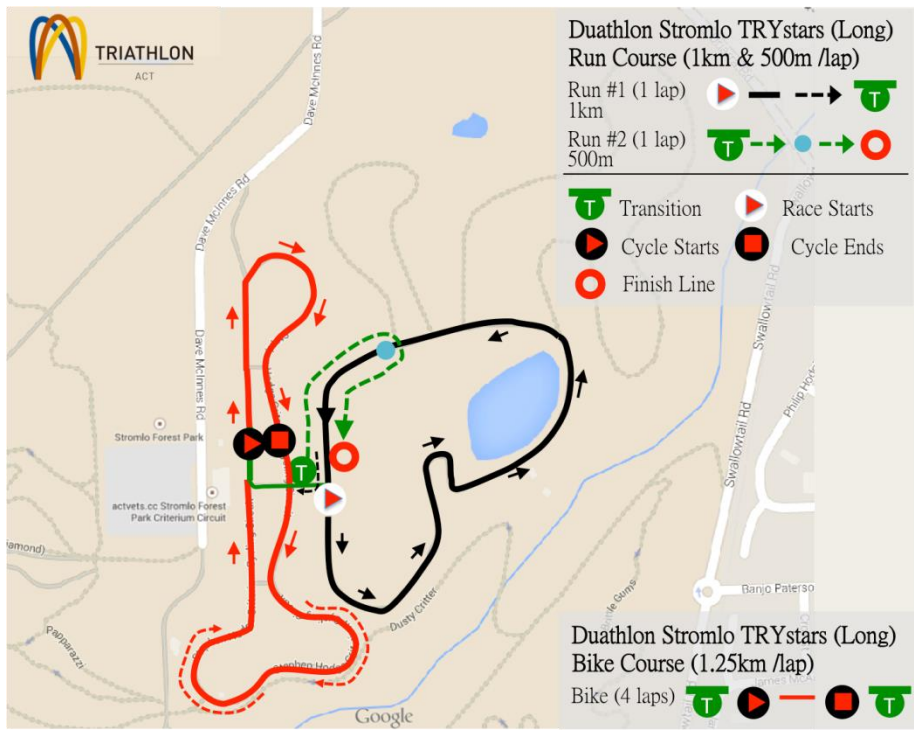


ACT Duathlon Champs – TRYkids LONG Course

1km Run / 5km Cycle / 500m Run



Run 1

The run is one loop of a 1km 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.

Start is on the grass opposite transition area. We will be heading right as you look from transition. Follow the Trystars signs which take you on the 1km circuit. Upon completing the lap, as you swing into the home straight, follow the chute across toward the Criterium Circuit and transition. Follow the chute into transition for your bike leg. Transition will be on the grass just before the track.

Cycle

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 south or downhill. Be careful of other kids who are already on the bike course when you are getting onto the track.

Riders will complete four laps of the full criterium course. At the end of your fourth lap, at the dismount line, 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 back the grass track. You will turn left this time and run up the hill. Follow the signs and turn back downhill to run to the Finish Arch. At the end of your lap, run through the Finish Arch with your hands high in celebration!

Transition

