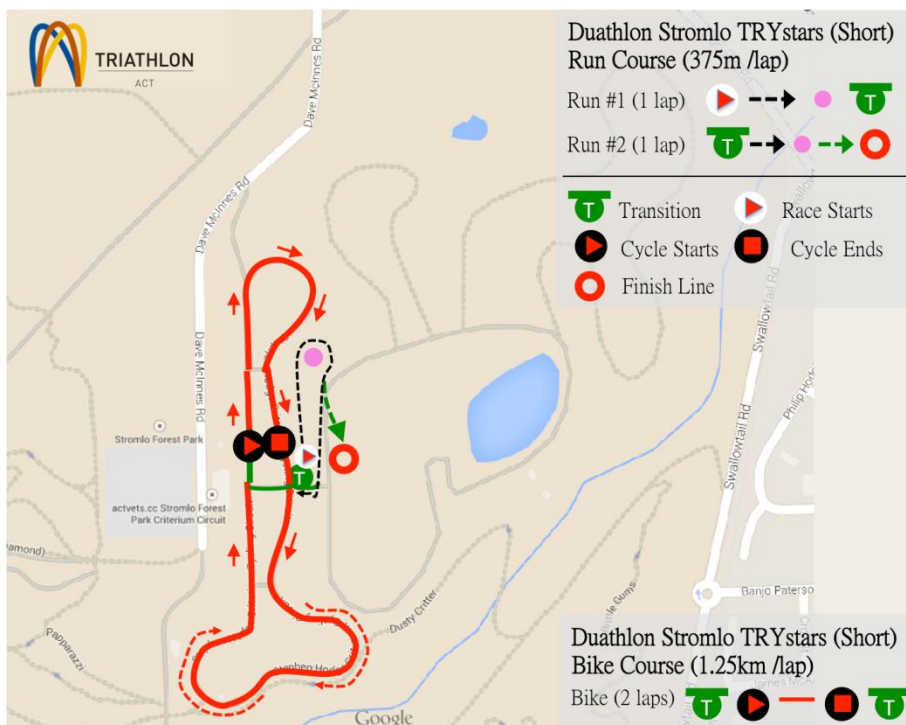


# ACT Duathlon Champs – TRYkids SHORT Course

375m Run / 2.5km Cycle / 375m Run



## Run 1

The run is one loop of a 375m grass track.

Start is on the grass opposite transition area. We will be heading left as you look from transition. Follow the signs up the hill and turn back downhill to run to the Finish Arch. 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 two laps of the full criterium course. At the end of your second 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 375m lap, run through the Finish Arch with your hands high in celebration!

## Transition

