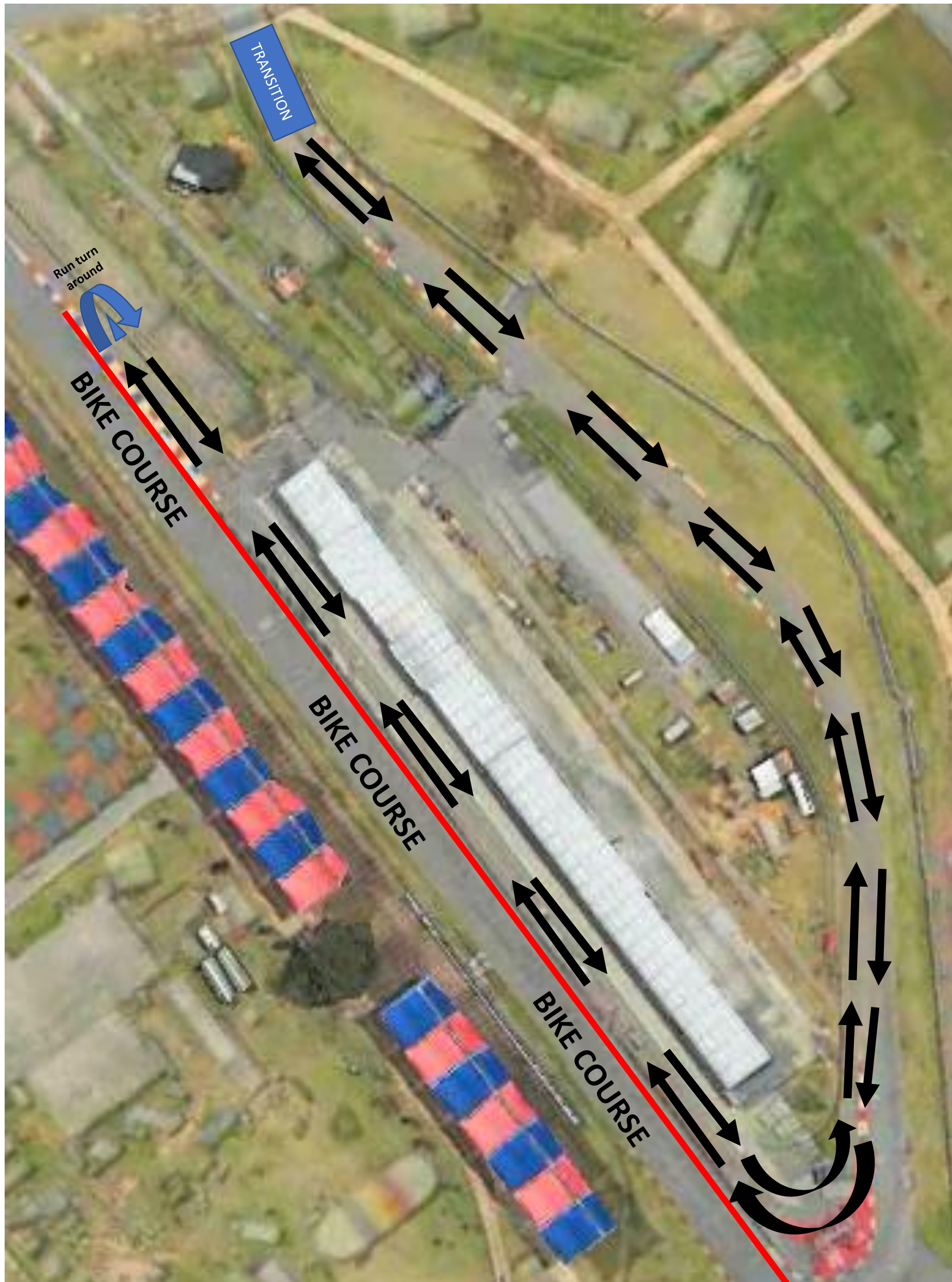




Duathlon Race Options:

- **Short;** 1.2km Run / 7km Bike / 1.2km Run
- **Medium;** 1.2km Run / 7km Bike / 1.2km Run / 7km Bike / 1.2km Run
- **Long;** 1.2km Run / 7km Bike / 1.2km Run / 7km Bike / 1.2km Run / 7km Bike / 1.2km Run



RUN COURSE

- 1.2km Lap (out and back)
- Keep Left
- Do not infringe on the bike course





BIKE COURSE

- 7km Total (5x Laps)
- Do not infringe on the Run course
- You will be ushered back into transition at the completion of your 5th lap

