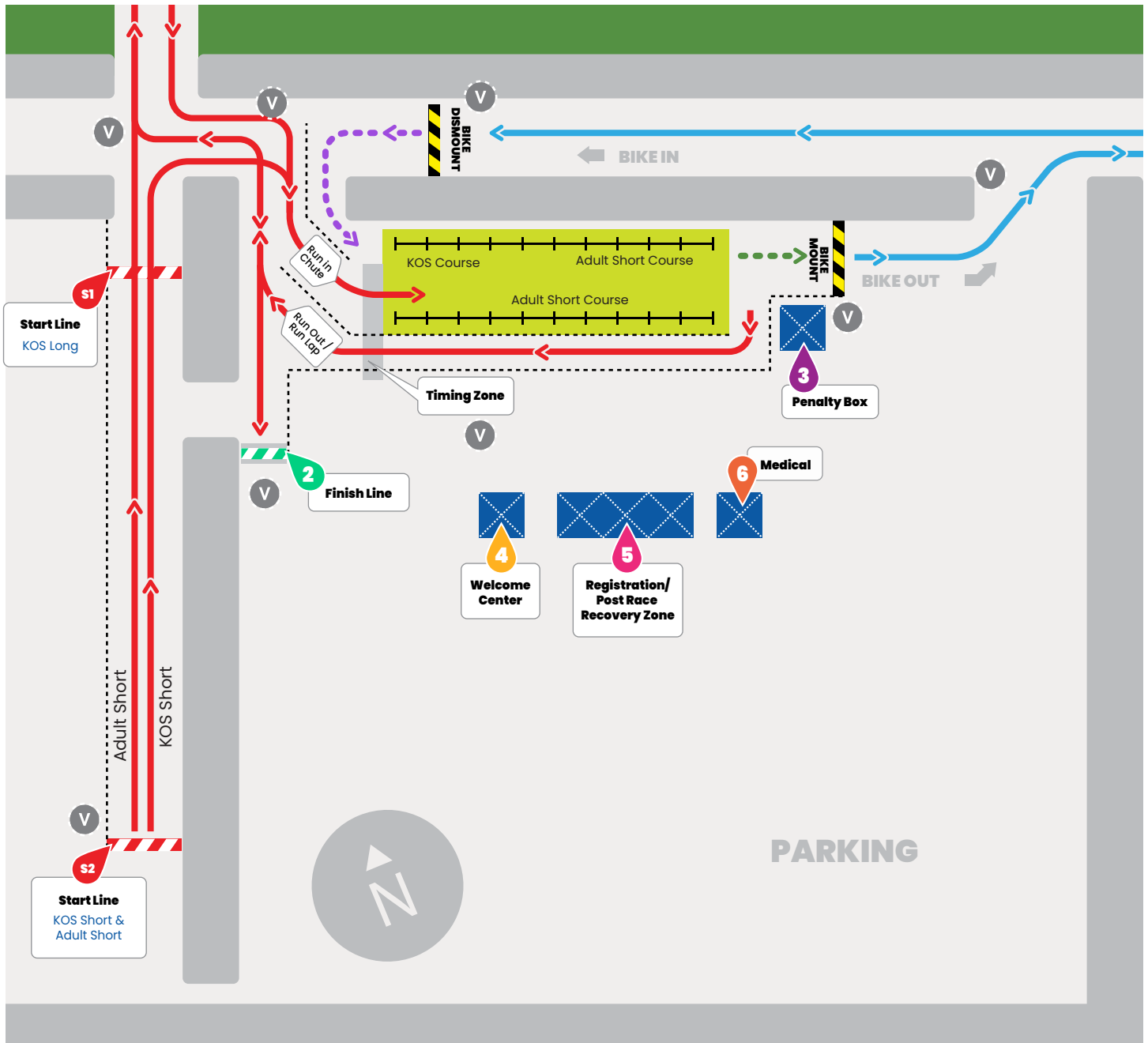




May Race Series

Tuesday Nights

BirdshillDuathlon.com



Run Course



1km Turnaround
 KOS Long - 2nd Run
 Adult Short - 1st & 2nd Run

Hydration

200m Turn Around
 KOS Short - 2nd Run
 KOS Long - 1st Run

Start Line S1
 KOS Long

Transition

Start Line S2
 KOS Short &
 Adult Short

- 1 KOS Short**
 1st Run: One way / 200m
- 2 KOS Short & Long**
 Long 1st Run: Out and back / 400m
 Short 2nd Run: Out and back / 400m
- 3 Adult Short & KOS Long**
 Adult Short 1st Run: Out and back / 2km
 Adult Short 2nd Run: Out and back / 2km
 KOS Long 2nd Run: Out and back / 2km



May Race Series

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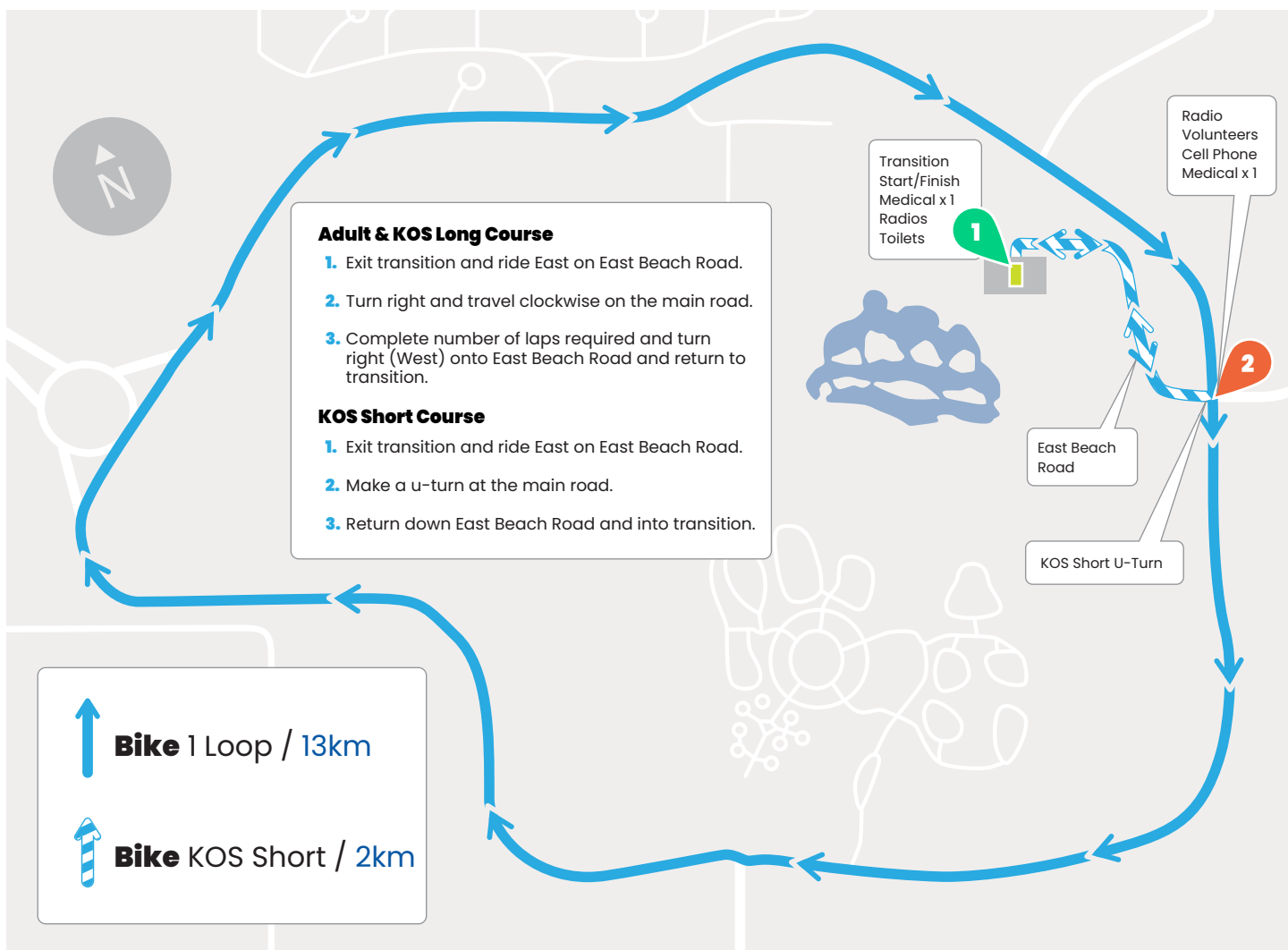




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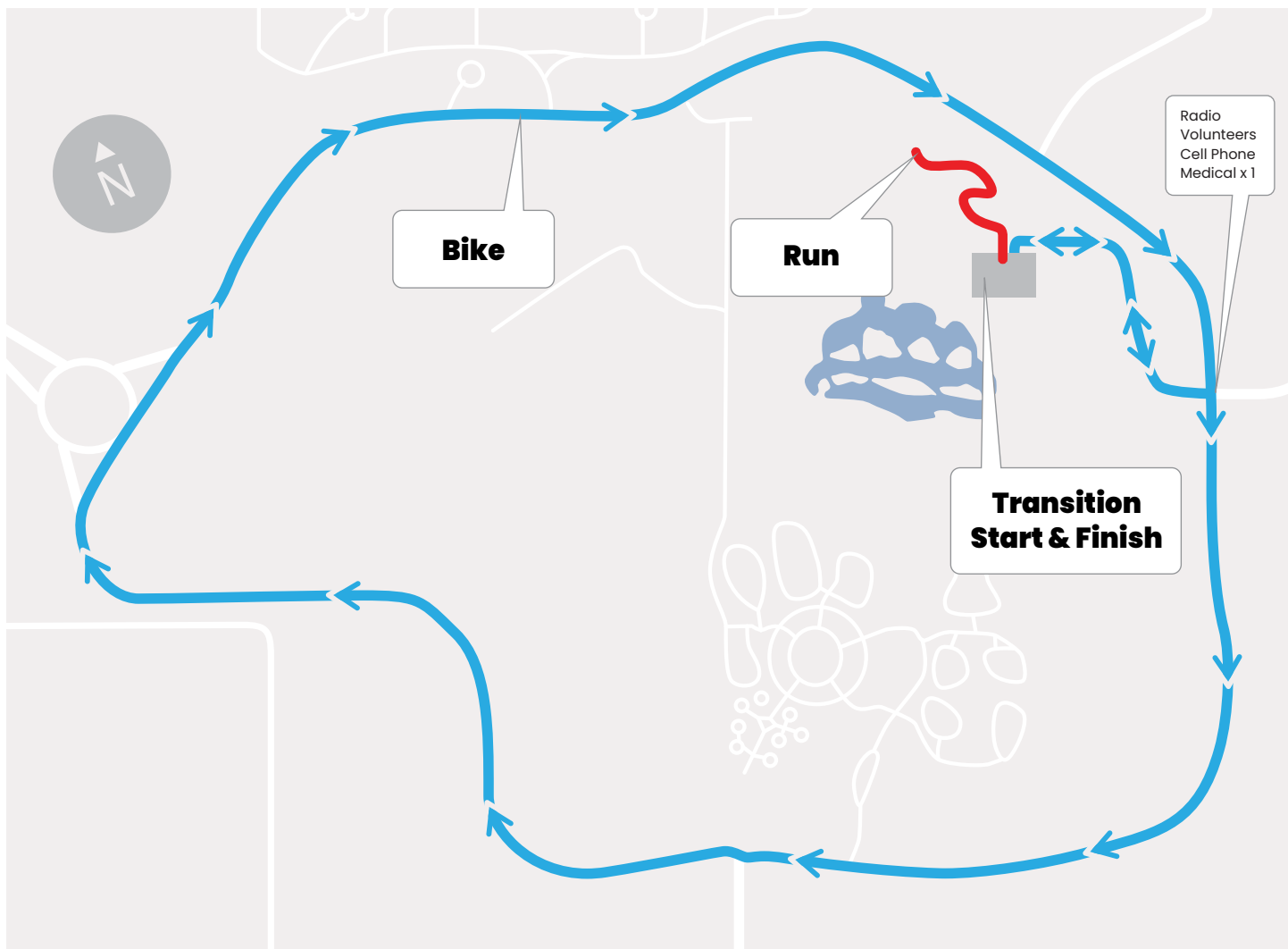




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Overall Course