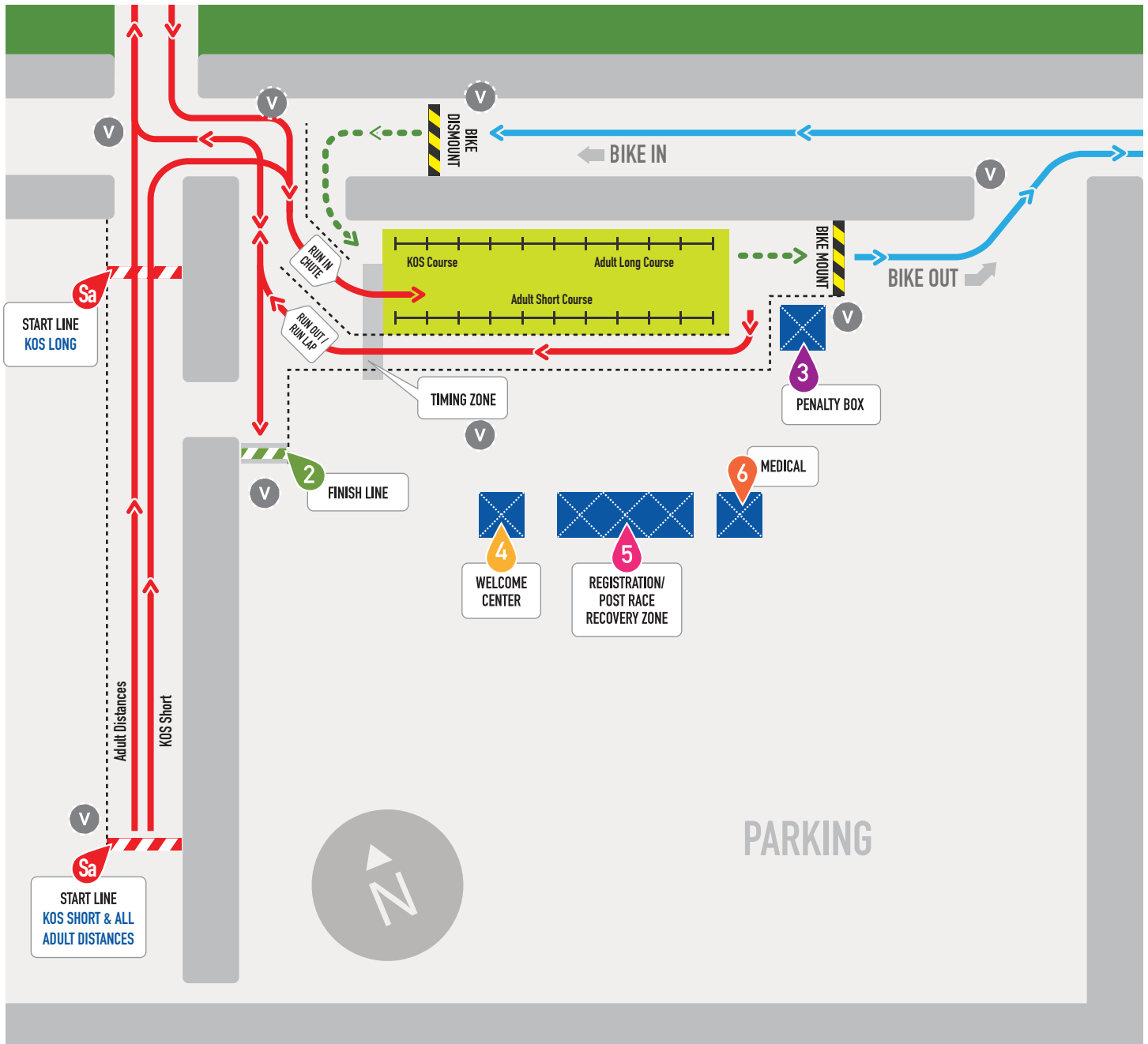




Come out & Race

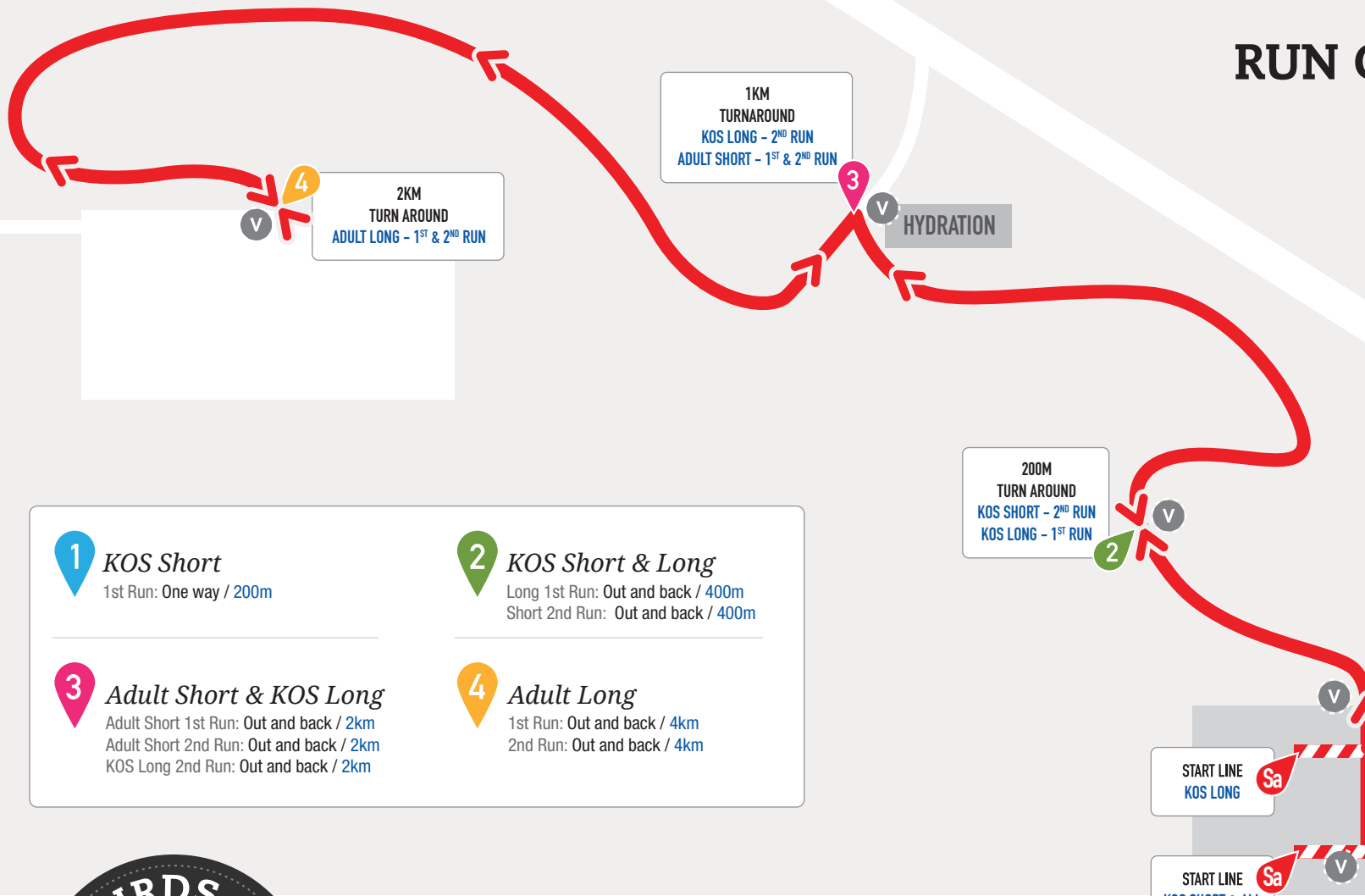
TUESDAYS IN MAY

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TRANSITION AREA

RUN COURSE



- | | |
|--|--|
| <p>1 <i>KOS Short</i>
1st Run: One way / 200m</p> | <p>2 <i>KOS Short & Long</i>
Long 1st Run: Out and back / 400m
Short 2nd Run: Out and back / 400m</p> |
| <p>3 <i>Adult Short & KOS Long</i>
Adult Short 1st Run: Out and back / 2km
Adult Short 2nd Run: Out and back / 2km
KOS Long 2nd Run: Out and back / 2km</p> | <p>4 <i>Adult Long</i>
1st Run: Out and back / 4km
2nd Run: Out and back / 4km</p> |



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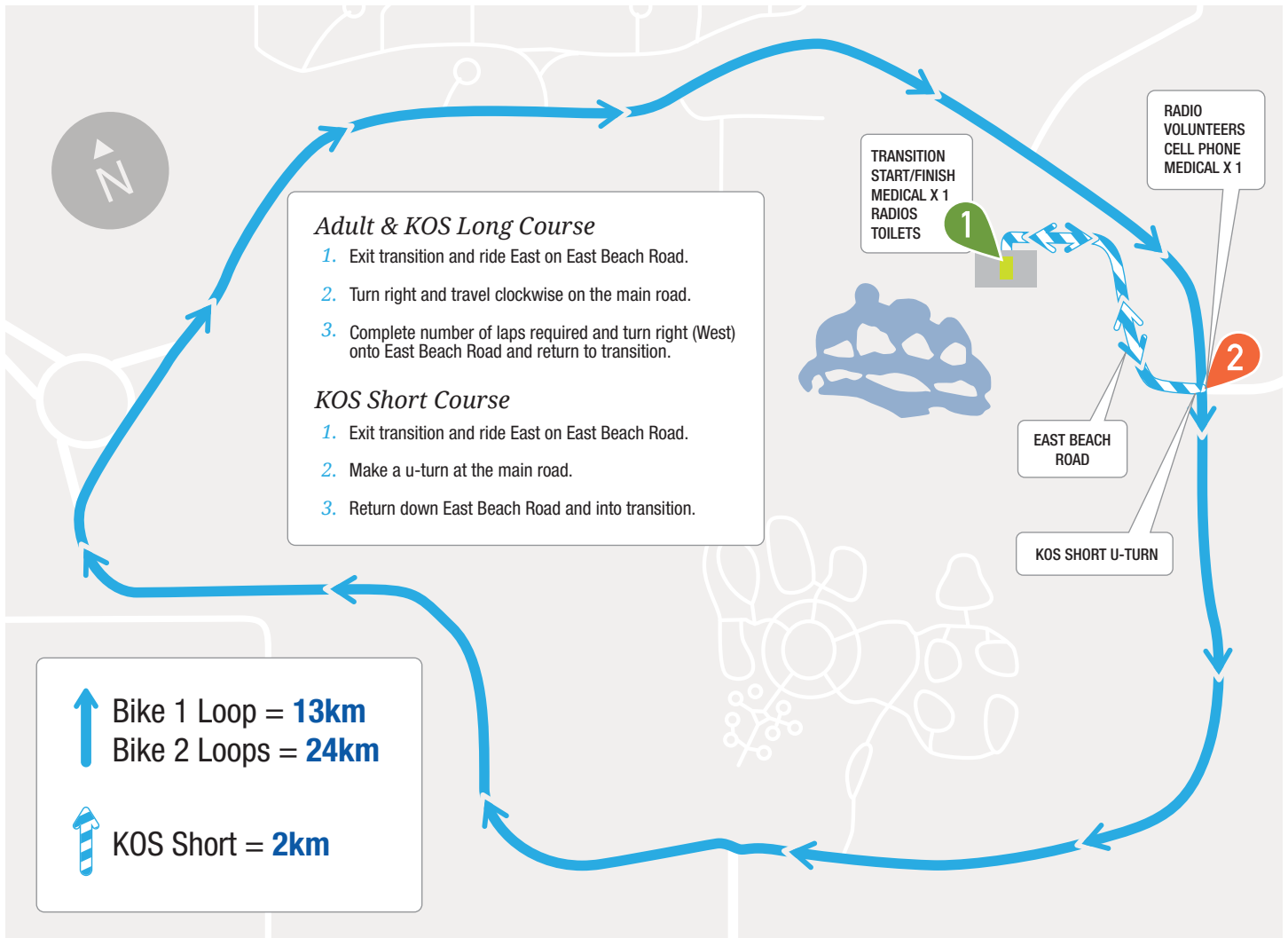




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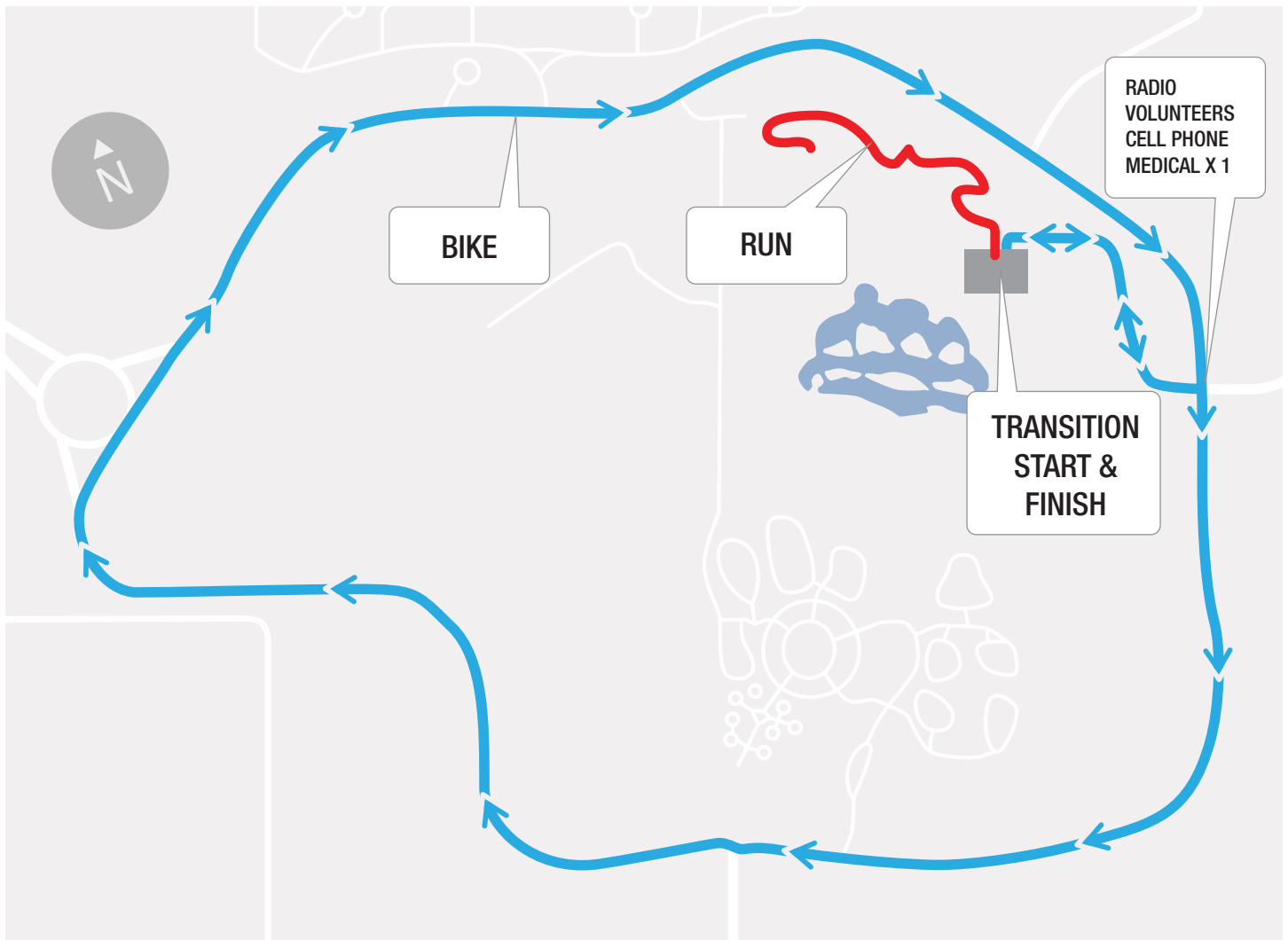
BIKE COURSE



Come out & Race

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OVERALL COURSE