

# COURSE DETAILS

## SHORT COURSE

**RUN:** 1 LAP (1KM)

**CYCLE:** 6 LAPS (10.5KM)

**RUN:** 1 LAP (3KM)

## LONG COURSE

**RUN:** 1 LAP (1KM)

**CYCLE:** 6 LAPS (10.5KM)

**RUN:** 1 LAP (3KM)

**CYCLE:** 6 LAPS (10.5KM)

**RUN:** 1 LAP (3KM)

**SHORT RUN:  
1ST RUN TURN**



**START/FINISH**

**TRANSITION**

