

COURSE DETAILS

SHORT COURSE

RUN: 1 LAP (1KM)

CYCLE: 6 LAPS (10.5KM)

RUN: 1 LAP (3KM)

LONG COURSE

RUN: 1 LAP (3KM)

CYCLE: 12 LAPS (21KM)

RUN: 2 LAPS (6KM)

SHORT RUN:
1ST RUN TURN



START/FINISH

TRANSITION

