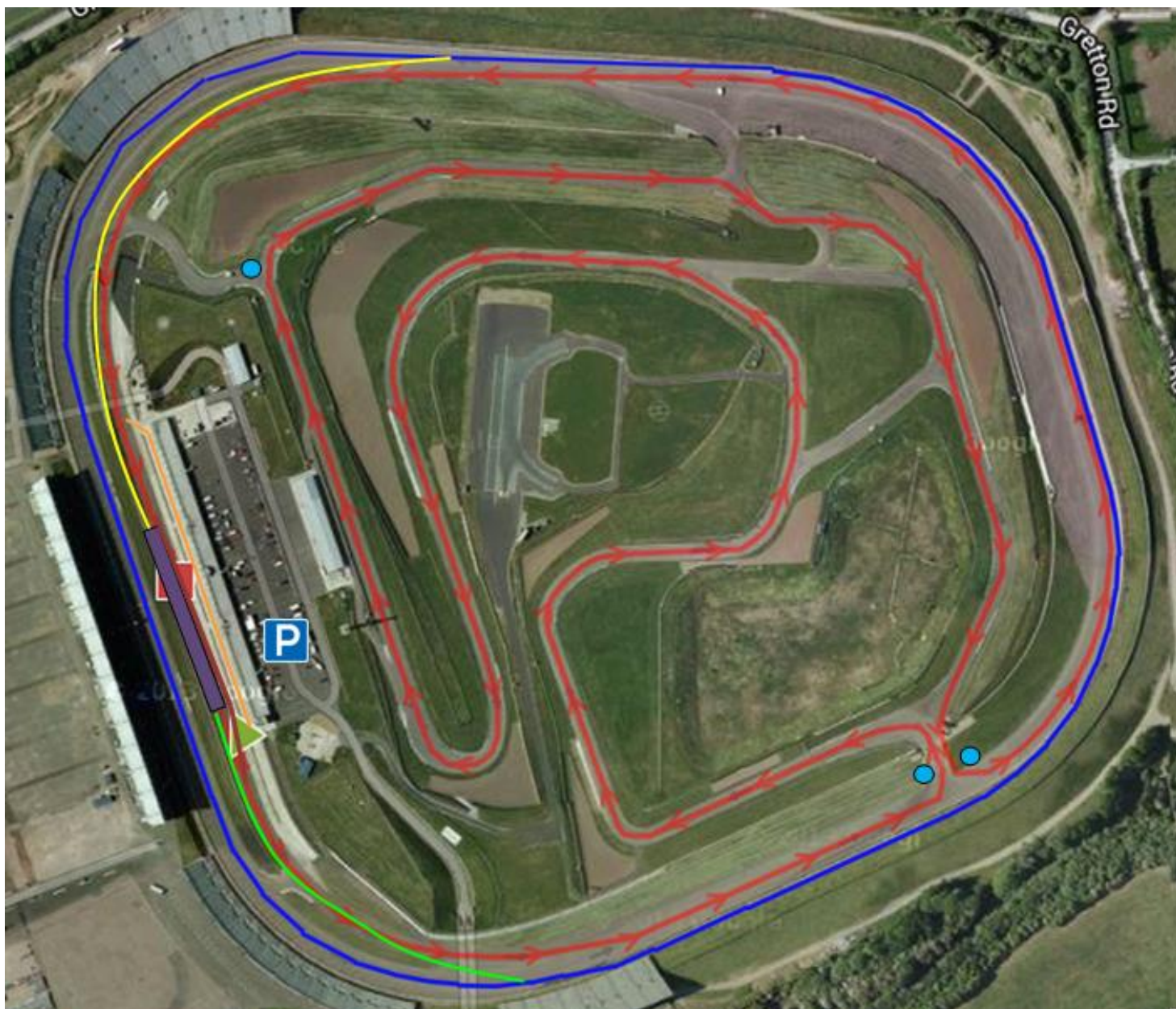


**RUN COURSE PROFILE = 1 LAP OF THE 5K ROUTE.**



**BIKE COURSE PROFILE = 1 LAP OF THE OVAL CIRCUIT.**



**Standard: 10k run/38k bike/5k run**

Direction of travel is ALWAYS anti-clockwise on this event. The oval (main track) will be split by cones with the cyclists travelling on the right and the runners on the left.

- \*Green triangle - Start line/finish line
- \*Red line = run – 2 laps on the 1<sup>st</sup> run and 1 lap on the 2<sup>nd</sup> run
- \*Blue line = bike – 16 laps (you must count your own laps)
- \*Yellow curved line- BIKE IN of T2
- \*Green curved line- BIKE OUT of T1
- \*Orange line- Finish chute
- \*Blue dots- Water stations
- \*Purple box- Transition
- \*Parking in Inner Paddock