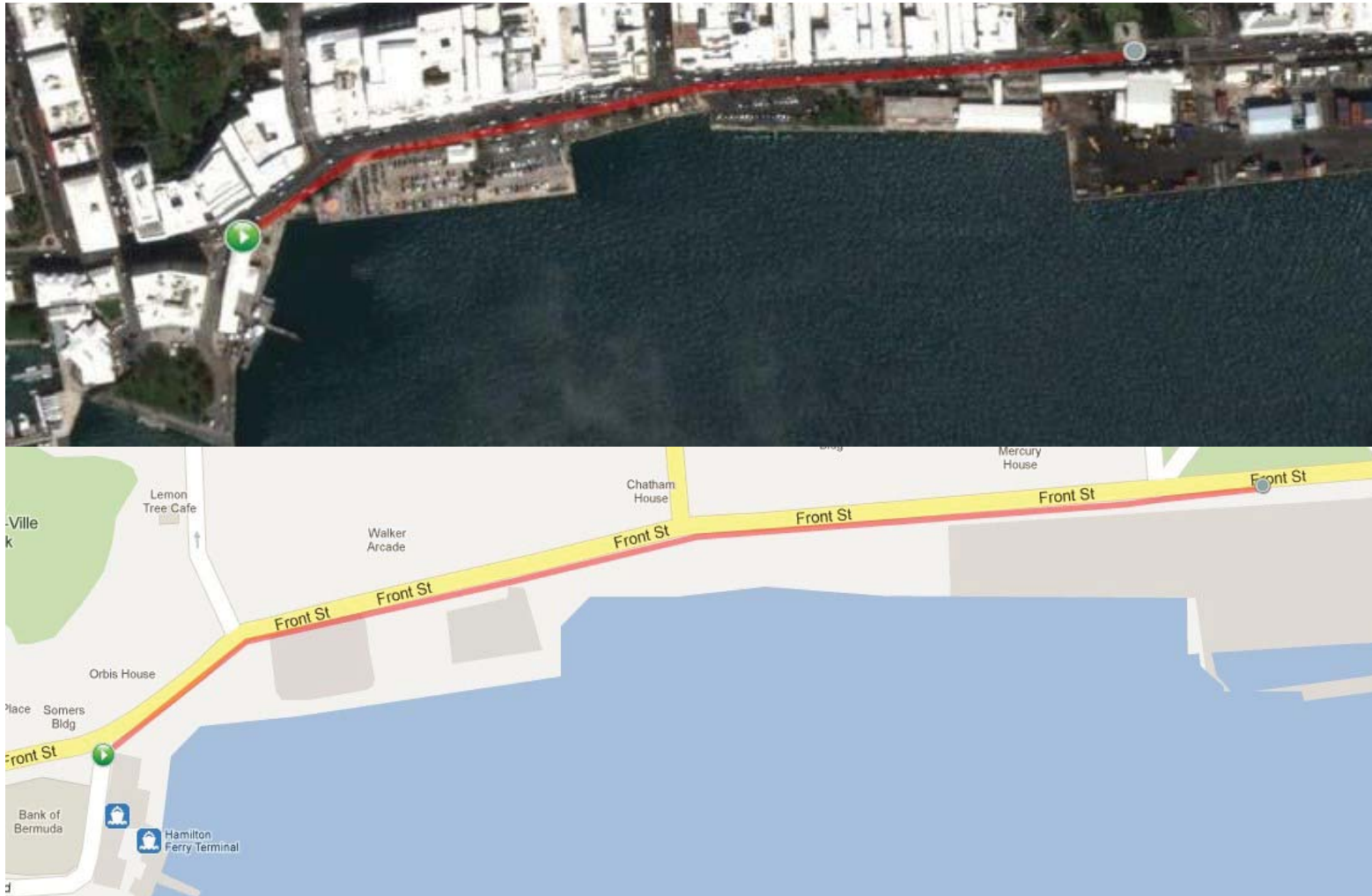


Boys + Girls 7-10 = 1KM
Boys + Girls 11-14 = 2KM

RUN

Junior

Boys + Girls 7-10 = 1 Laps
Boys + Girls 11-14 = 2 Laps



Boys + Girls 7-10 = 4KM
Boys + Girls 11-14 = 8KM

BIKE

Junior

Boys + Girls 7-10 = 1 Laps
Boys + Girls 11-14 = 2 Laps



Course Description:

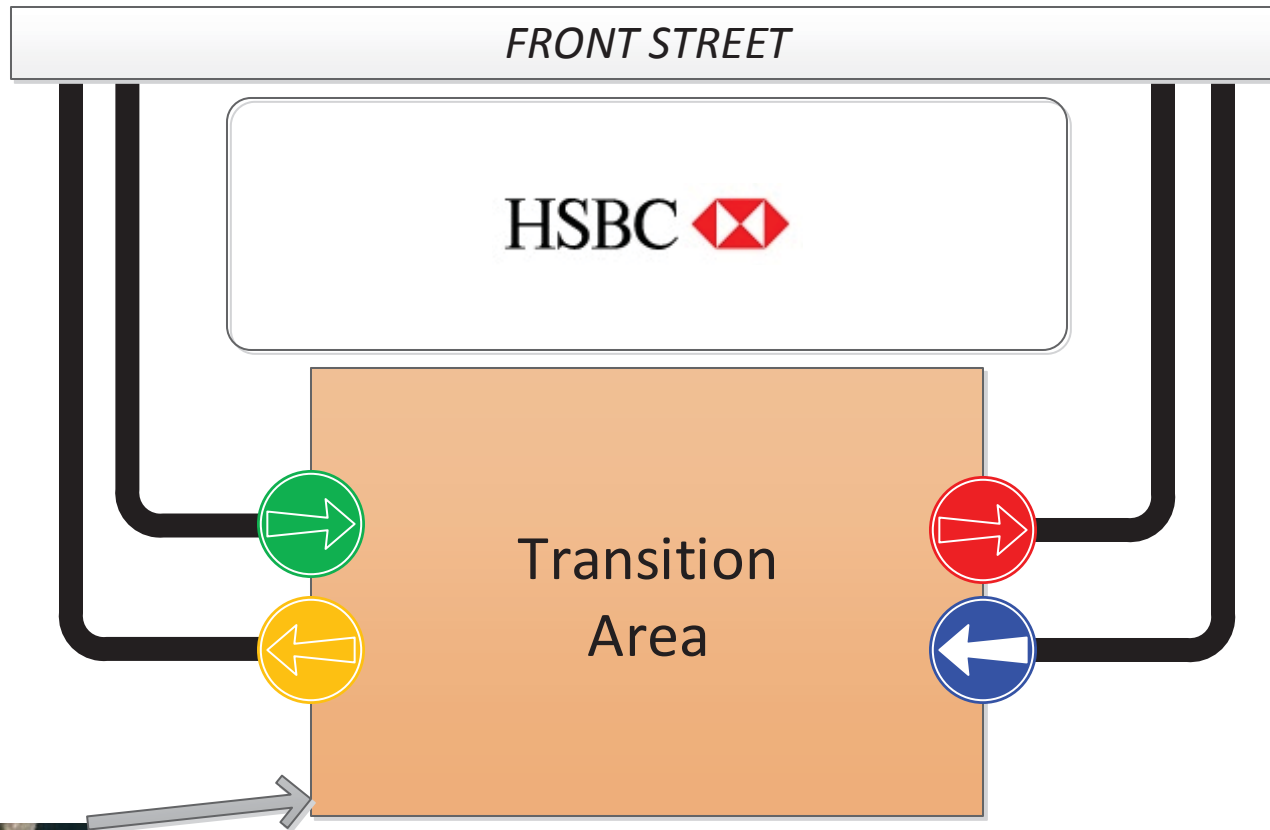
Out of transition, left on Pitts Bay Rd, right up Woodbourne Ave, right on Gorham Rd, right down Bermudiana Rd, left onto Front St, continuing down to East Broadway, turnaround just before roundabout, back along East Broadway, continuing on Front St back to start.

Course Notes

CLOCKWISE Direction
Keep Left
NO Drafting
HELMET REQUIRED

TRANSITION AREA

Junior



Albuoy's Point



LEGEND

-  RUN IN
-  BIKE OUT
-  BIKE IN
-  RUN OUT