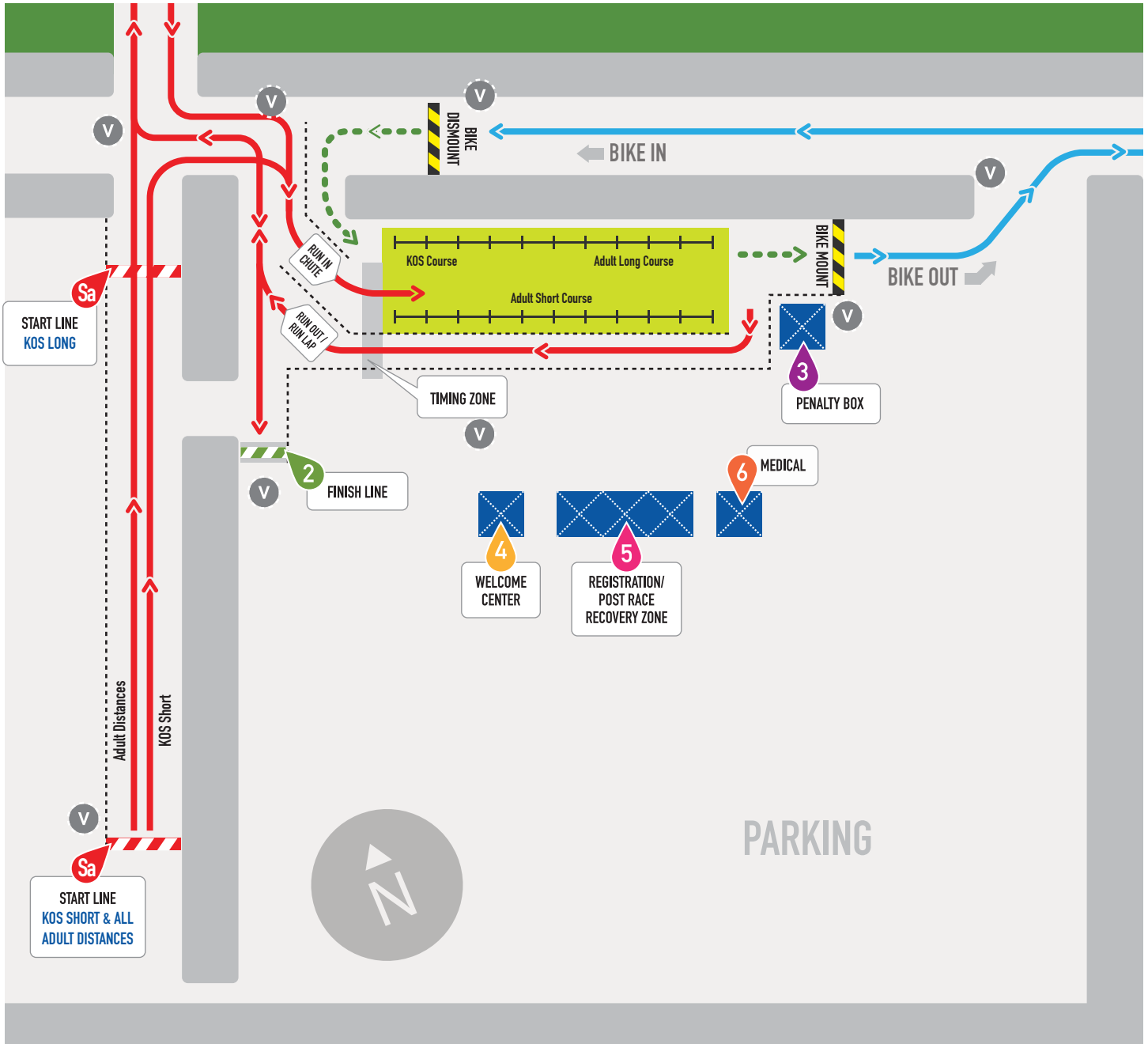




# Come out & Race

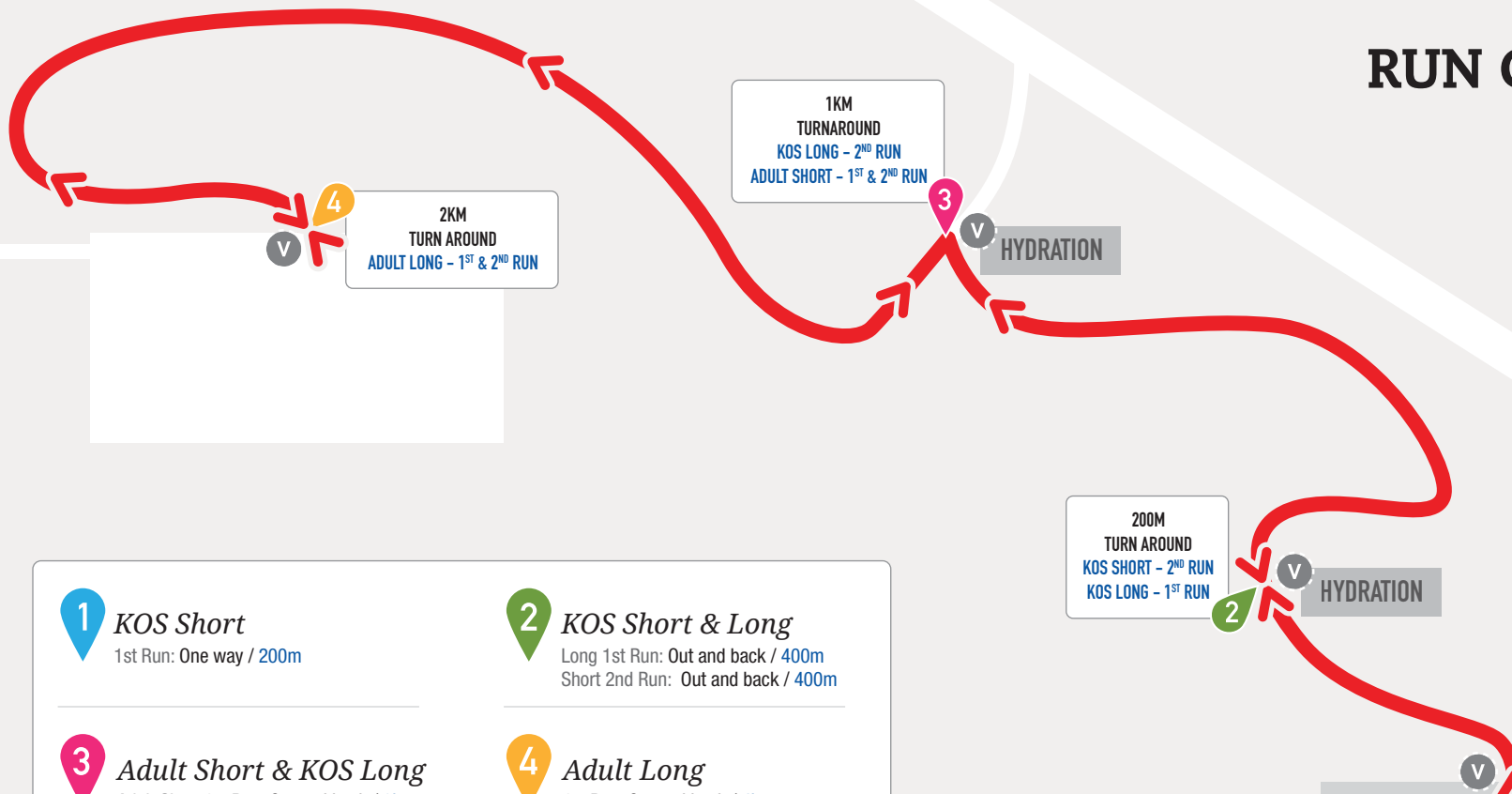
## TUESDAYS IN MAY

[BirdshillDuathlon.com](http://BirdshillDuathlon.com)

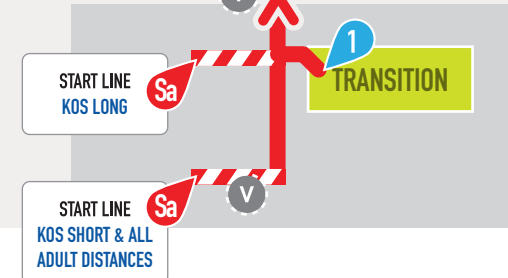


# TRANSITION AREA

# RUN COURSE



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



*Come out & Race*  
TUESDAYS IN MAY  
[BirdshillDuathlon.com](http://BirdshillDuathlon.com)

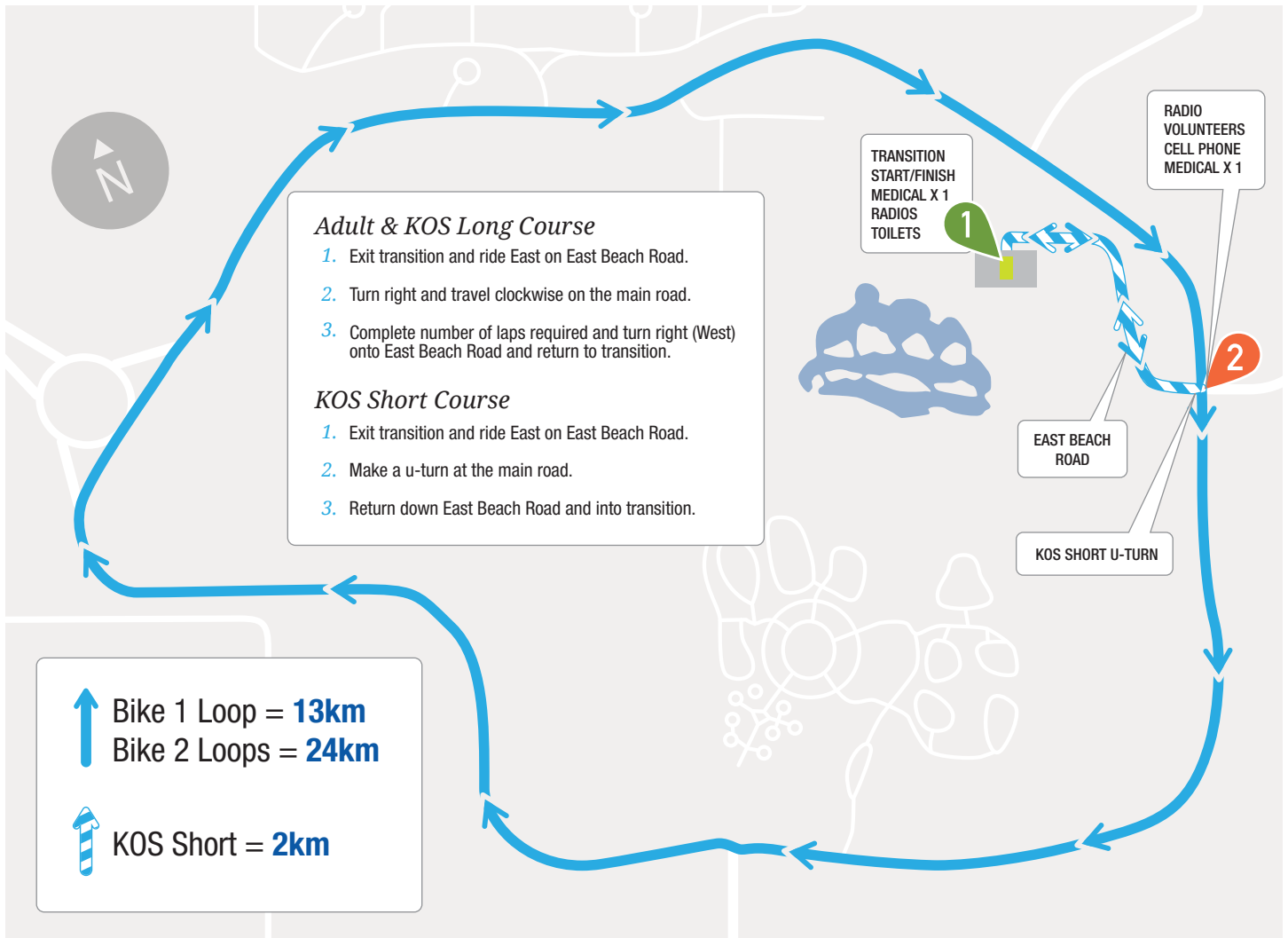




# Come out & Race

TUESDAYS IN MAY

[BirdshillDuathlon.com](http://BirdshillDuathlon.com)



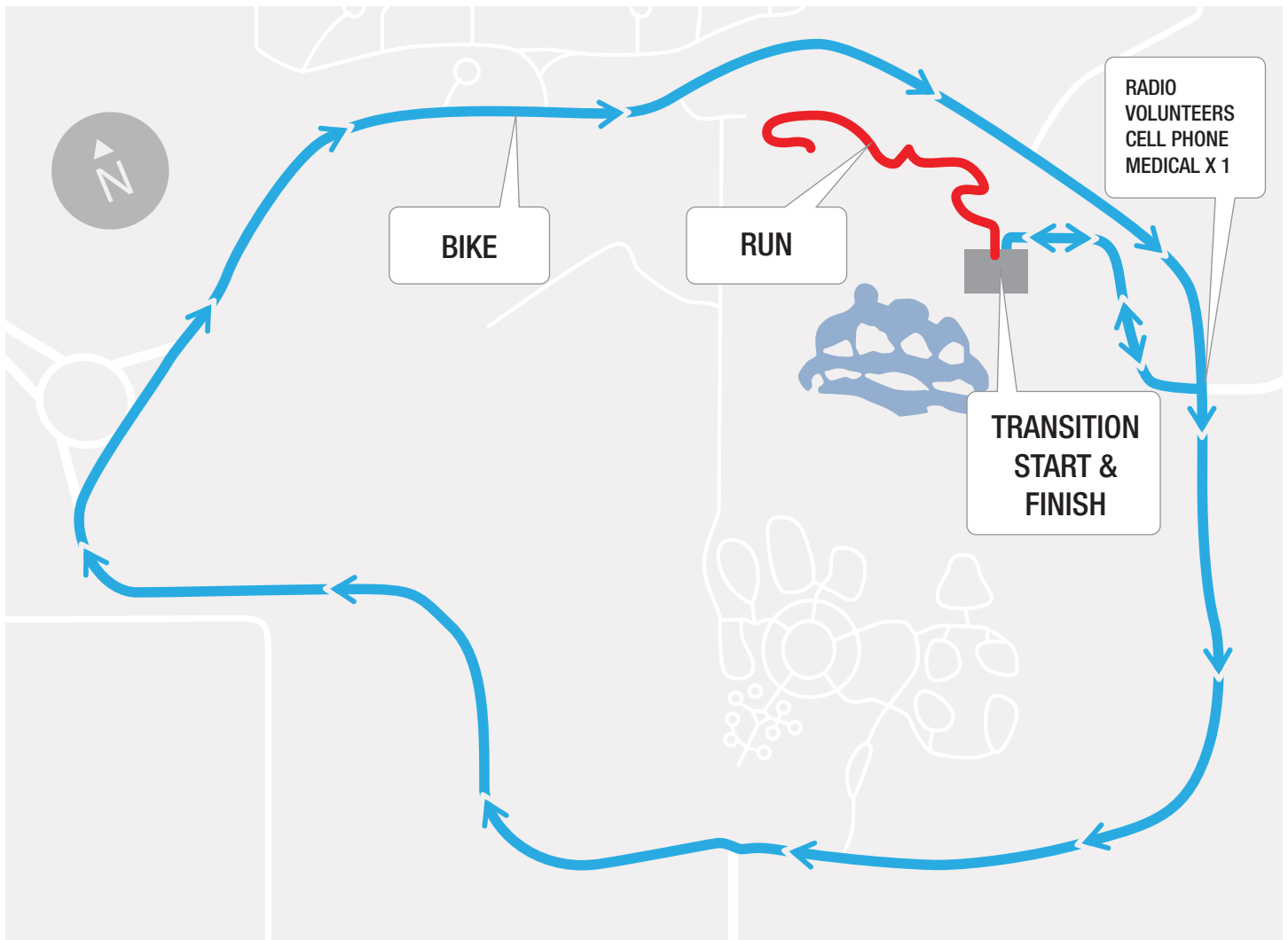
## BIKE COURSE



*Come out & Race*

TUESDAYS IN MAY

[BirdshillDuathlon.com](http://BirdshillDuathlon.com)



**OVERALL COURSE**