

**Run Course**  
 Olympic 1 loop - 10 km  
 Half - 2 loops - 21.1 km

**Legend**

- Transition 2 & Finish
- Kilometer Markers
- Turnarounds
- Aid Stations





**Turn by Turn Directions**

- Exit Transition 2 through church parking lot
- Turn right onto Walden Blvd SE
- Turn right onto 194 Ave SE
- Continue straight onto pathway
- Olympic turnaround before Stoney Trail
- Half turnaround after Stoney Trail
- Continue straight onto 194 Ave SE
- Turn left onto Walden Blvd SE
- Turn left into church parking lot north entrance
- Half turnaround for lap 2
- Stay right to finish

**Elevation Gain: 75m (per lap)**



Duathlon Run 1 - 5km  
1000m per lap x 5

-  Duathlon Run 1
-  Transition 1
-  Bike Racks
-  Fencing

