

JDF DUATHLON RUN COURSE

RUN COURSE SPONSORS



YOUTH TURN-AROUND

Youth: 1 loop = 2.5km
Adult: 1 loop = 5km

Participants stay on right

Garry Oak Meadow

Western Exchange

Ocean Blvd

Old Island Highway

ADULT TURN-AROUND

START

MOUNT/DISMOUNT

Ocean Blvd

FINISH

TRANSITION

- | | | | |
|-------------|-------------|-------------|-------------|
| Aid station | Toilets | Run Course | Bike Mounts |
| First Aid | Gels & food | Transition | Speed Bumps |
| | | Bike Course | |