

SUPER SPRINT DUATHLON MIXED RELAY (Draft-Legal)

Sunday
June 9, 2024



PRESENTED BY
Mutual of Omaha

**RUN 1
COURSE**
1k

**BIKE
COURSE**
5k (1 lap)

**RUN 2
COURSE**
1k

4 ATHLETES

Each athlete complete
Run, Bike, Run before
tagging a teammate.

KEY

- RUN COURSE
- - - RUN IN
- BIKE COURSE
- - - BIKE IN/OUT
- RUN 2 COURSE
- - - RUN 2 OUT
- ★ RACE FINISH
- D BIKE DISMOUNT
- M BIKE MOUNT
- T RELAY TAG ZONE
- G ENDURANCE AID-STATION

BIKE ELEVATION



*Minimal elevation change on run course

