

SAFETY BEACH SUFFERFEST

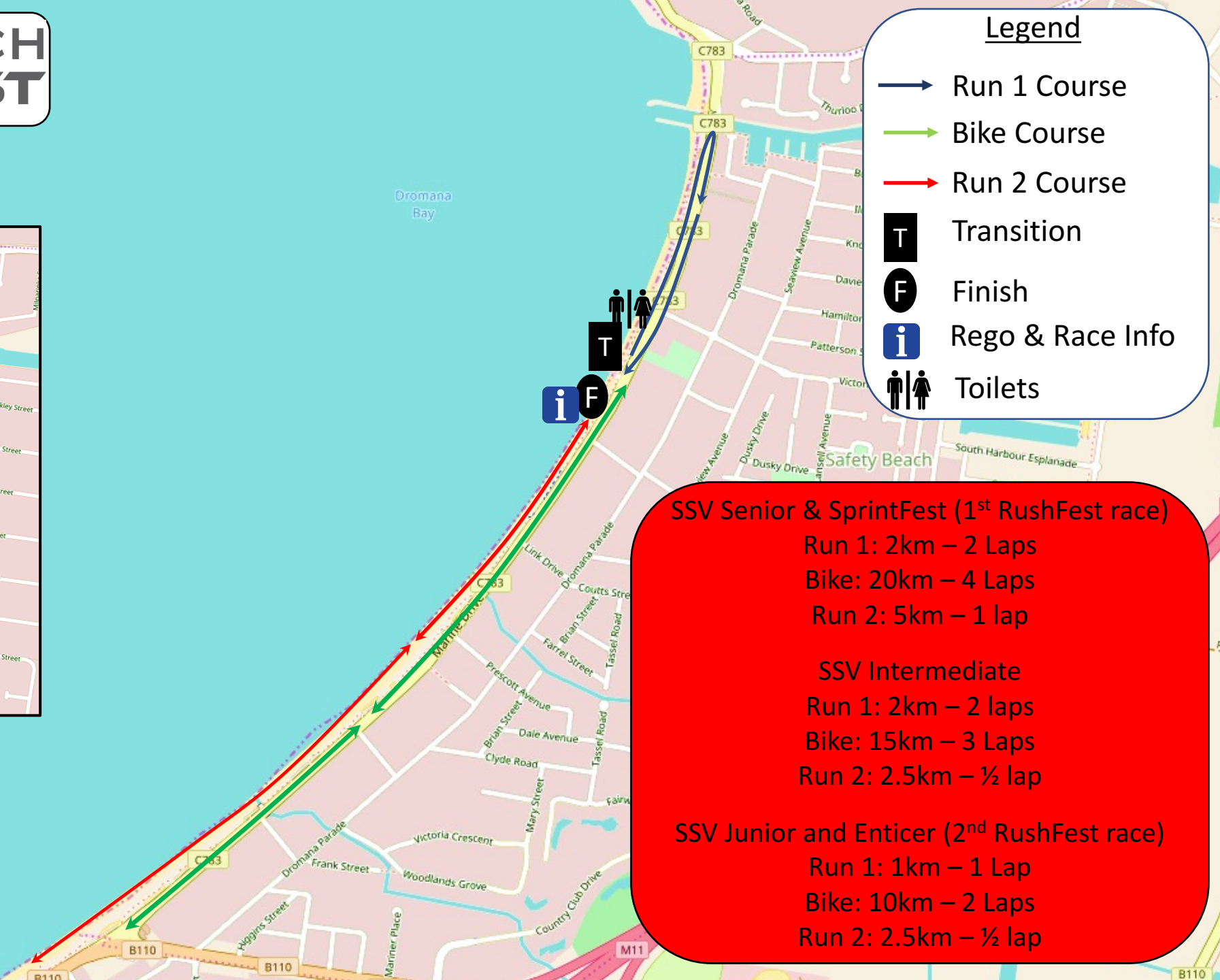
2017 Duathlon Course

Run 1



Legend

-  Run 1 Course
-  Bike Course
-  Run 2 Course
-  Transition
-  Finish
-  Rego & Race Info
-  Toilets



SSV Senior & SprintFest (1st RushFest race)
 Run 1: 2km – 2 Laps
 Bike: 20km – 4 Laps
 Run 2: 5km – 1 lap

SSV Intermediate
 Run 1: 2km – 2 laps
 Bike: 15km – 3 Laps
 Run 2: 2.5km – ½ lap

SSV Junior and Enticer (2nd RushFest race)
 Run 1: 1km – 1 Lap
 Bike: 10km – 2 Laps
 Run 2: 2.5km – ½ lap