



**Sprint Duathlon:**

One Lap **RUN (2 miles)**

Two Laps **BIKE (6.5 miles)**

**Dirty Duathlon (Solo and Relay):**

One Lap **RUN (2 miles)**

Three Laps **BIKE (10 miles)**

One Lap **RUN (2 miles)**

**Parking:**

Around the Jay Spence Shelter and Bergman Academy (100 45th St., Des Moines IA 50312)

Presented By:

