

Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

LONG HARD DURTY 2020

500m Swim

18km MTB

9km Trail Run

Swim

1 x 500m Lap

Bike

1 x Complete Lap of Forest Road Loop*, plus;

1 x Bike Park Loop, plus;

1 x Long Tech Loop

(*So: the first time you reach point **+** turn Left, the second time, turn Right. We're trusting you to be able to count to 2. Don't let us down!)

Run

1 x Lap of 'Out and Back' to the mast (with twiddly singletrack bits to start and finish!)

