



# Red Mountain Duathlon Saturday April 28, 2012

**ON-SITE  
REGISTRATION**  
begins at 6:30 am  
**Salt River High School  
Athletics Building**  
(Chaparral Rd. between Highland Ave. & Center St.)

## **ADULT DUATHLON**

**1-mile RUN – 8-mile BIKE – 2-mile RUN**  
**RELAY DIVISION in Adult Distance ONLY**

## **YOUTH DUATHLON**

**1/2-mile RUN – 4.5-mile BIKE – 1-mile RUN**

- All participant must wear a helmet!
- All bikes must be place in bike area by 7:15 am
- All running and biking will be with traffic flow.
- Awards to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Male & Female in both events.

### **SCHEDULE**

<b>TIME</b>	<b>EVENT</b>
<b>7:30 AM</b>	<b>YOUTH DUATHLON (15 &amp; UNDER)</b>
<b>7:35 AM</b>	<b>ADULT DUATHLON - Individual &amp; Relay (16 &amp; OVER)</b>