

2011 Powerman Alabama &  
Double Oak Duathlon  
Site Detail

RUN →  
BIKE →

Turnaround Loop for Powerman  
Bike Course (3 Laps/60K)  
Double Oak Duathlon enters  
Transition after One Lap (20K)

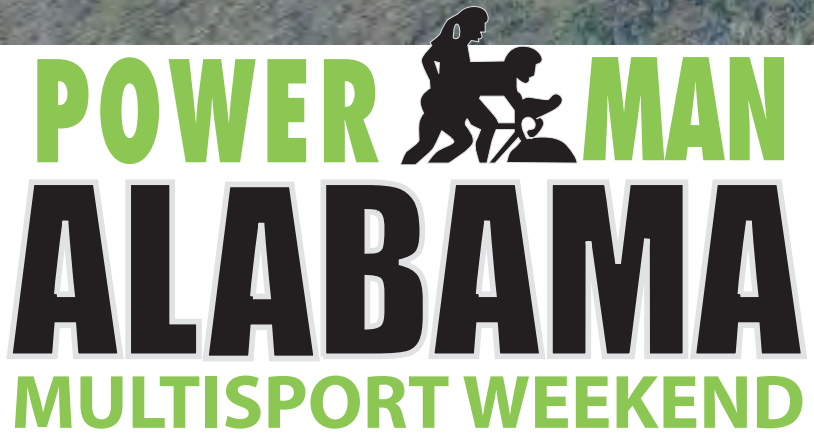
Powerman Lap  
Turnaround  
Bottle Drop

TRANSITION

START/FINISH

EXPO

Run Turnarounds



**Powerkids Duathlon  
(Distance Varies by Age)**

**RUN** →  
**BIKE** →

age 5&6 turn here

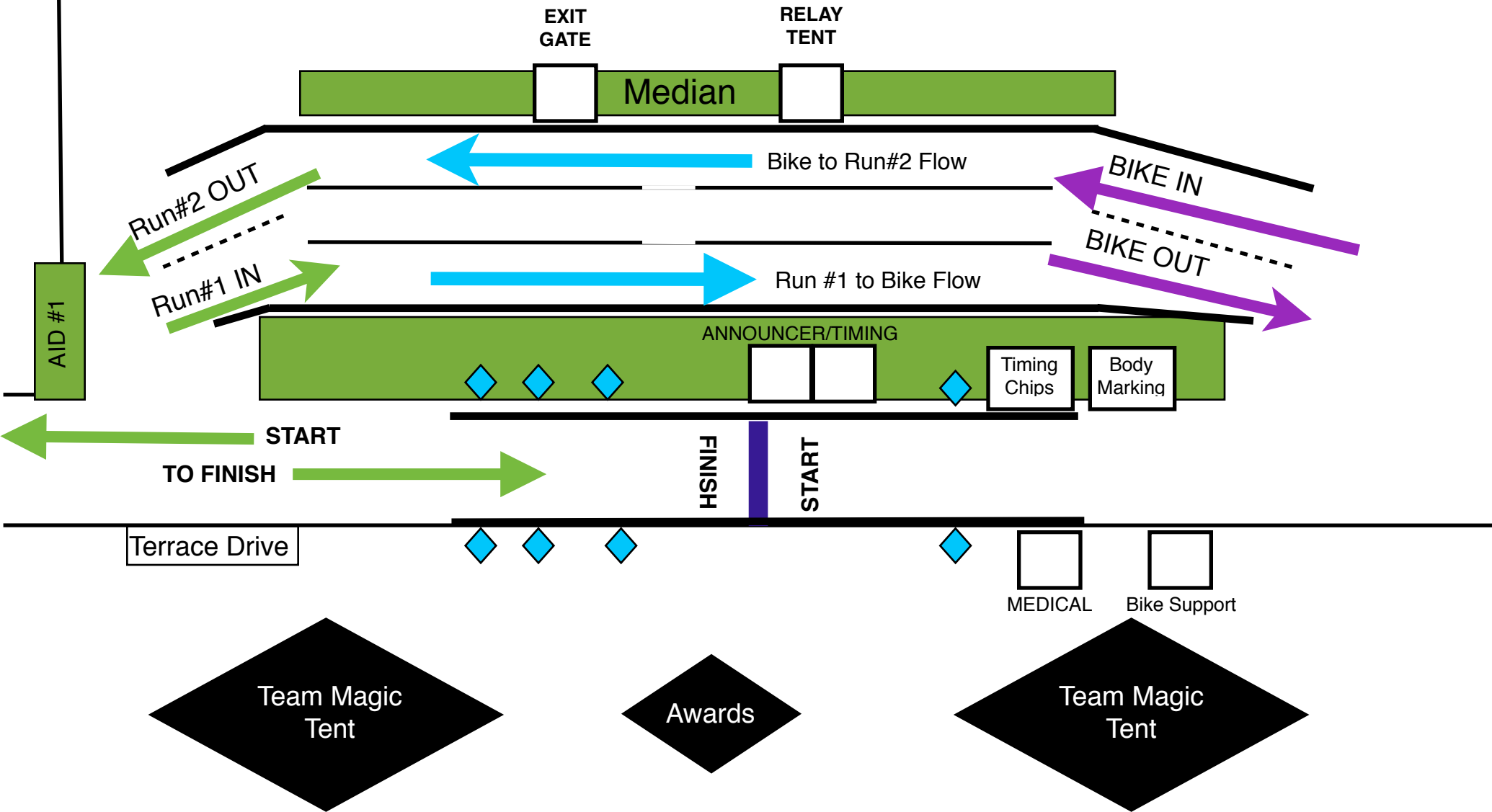
Powerkids Transition

START/FINISH  
EXPO

**POWER MAN**  
**ALABAMA**  
**MULTISPORT WEEKEND**



**POWERMAN ALABAMA DUATHLON AND DOUBLE OAK DUATHLON**  
**MAIN STAGING AREA: TRANSITION + START / FINISH**

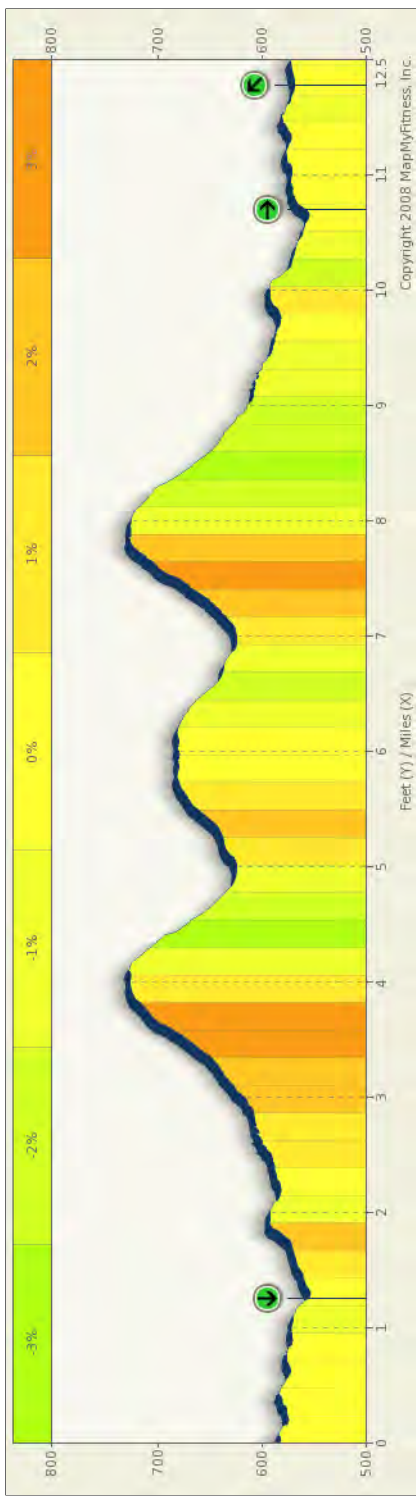
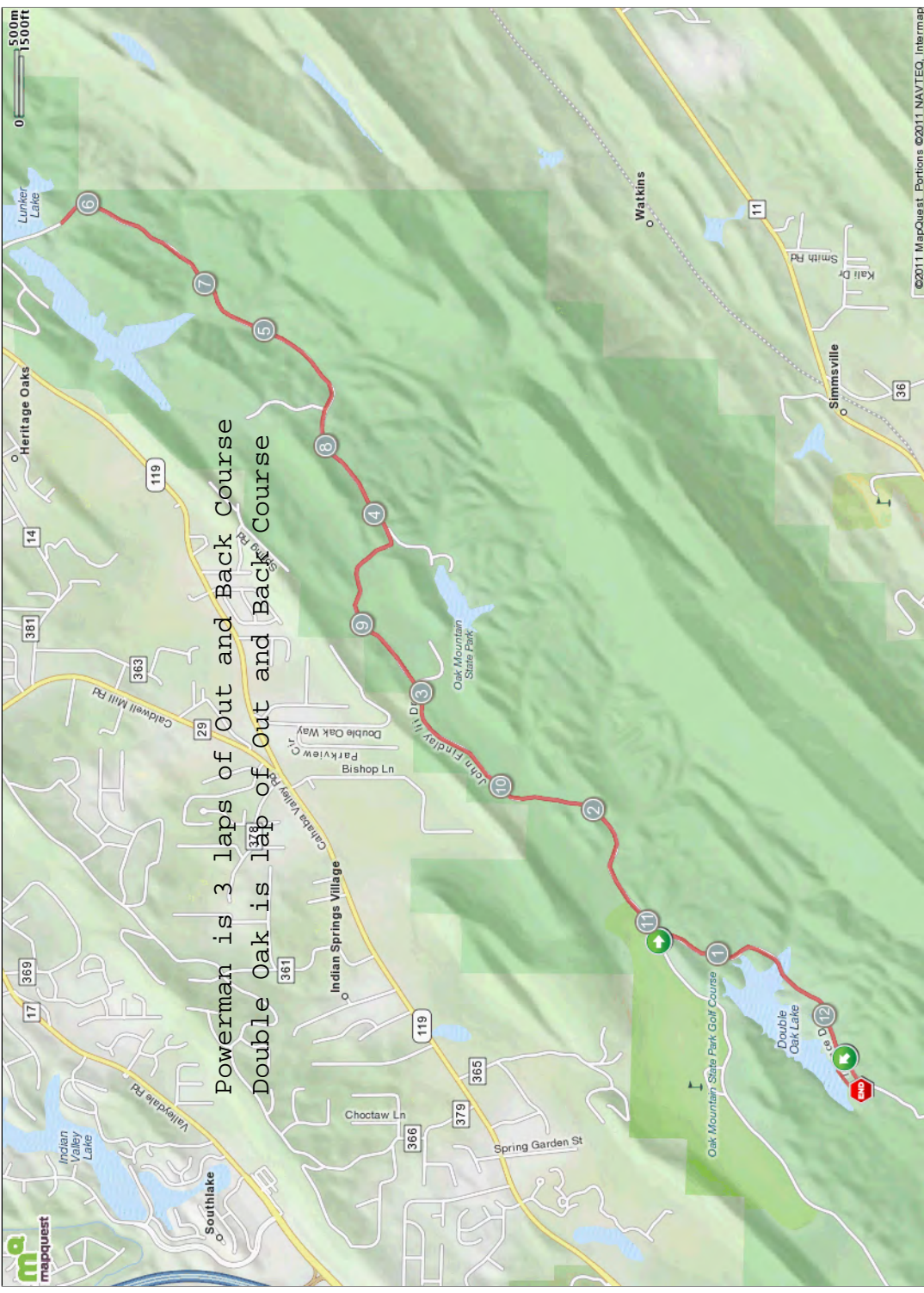


# 2011 Powerman Alabama Road Bike Course

Starts in Pelham, Alabama

## 12.42

miles

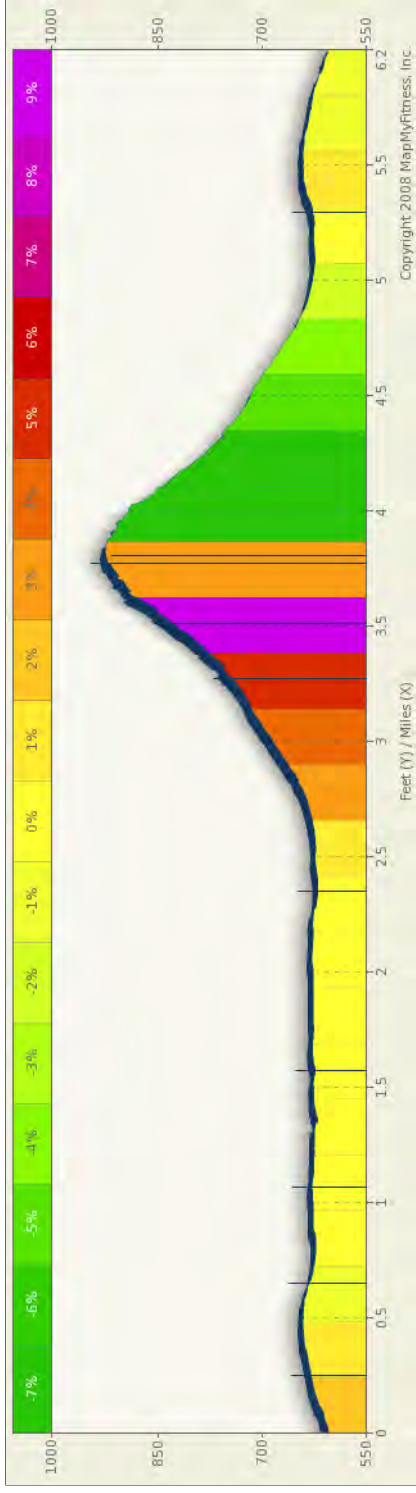


Description

# PMA2011- Run

Starts in Pelham, Alabama

**6.20** miles

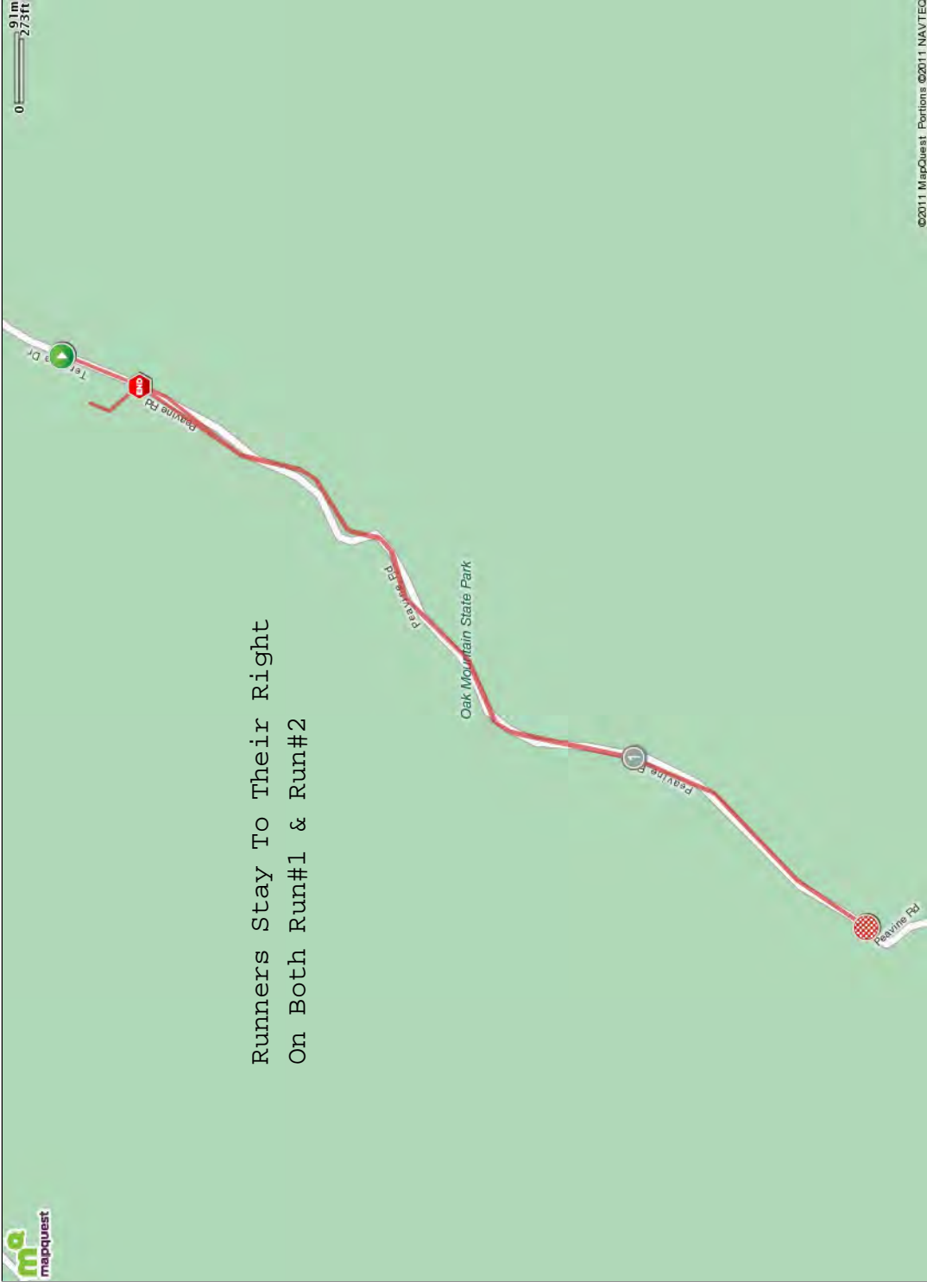


Description

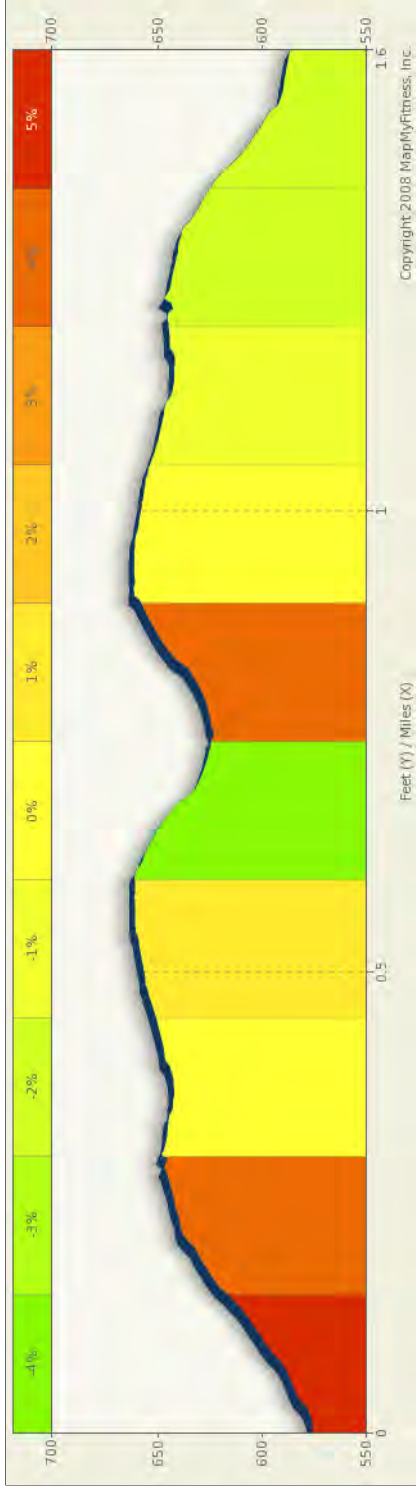
# 2011 Double Oak Duathlon Run

Starts in Pelham, Alabama

**1.56** miles



Runners Stay To Their Right  
On Both Run#1 & Run#2



Description