

**Powerman Alabama
Course/Transition Flow
(also TM Signature Duathlon &
Double Oak Duathlon)**

RUN →
BIKE →

TRANSITION

FINISH

START

**Run Turnarounds:
3.1mi, 1.5mi, &.75mi
away from Transition**





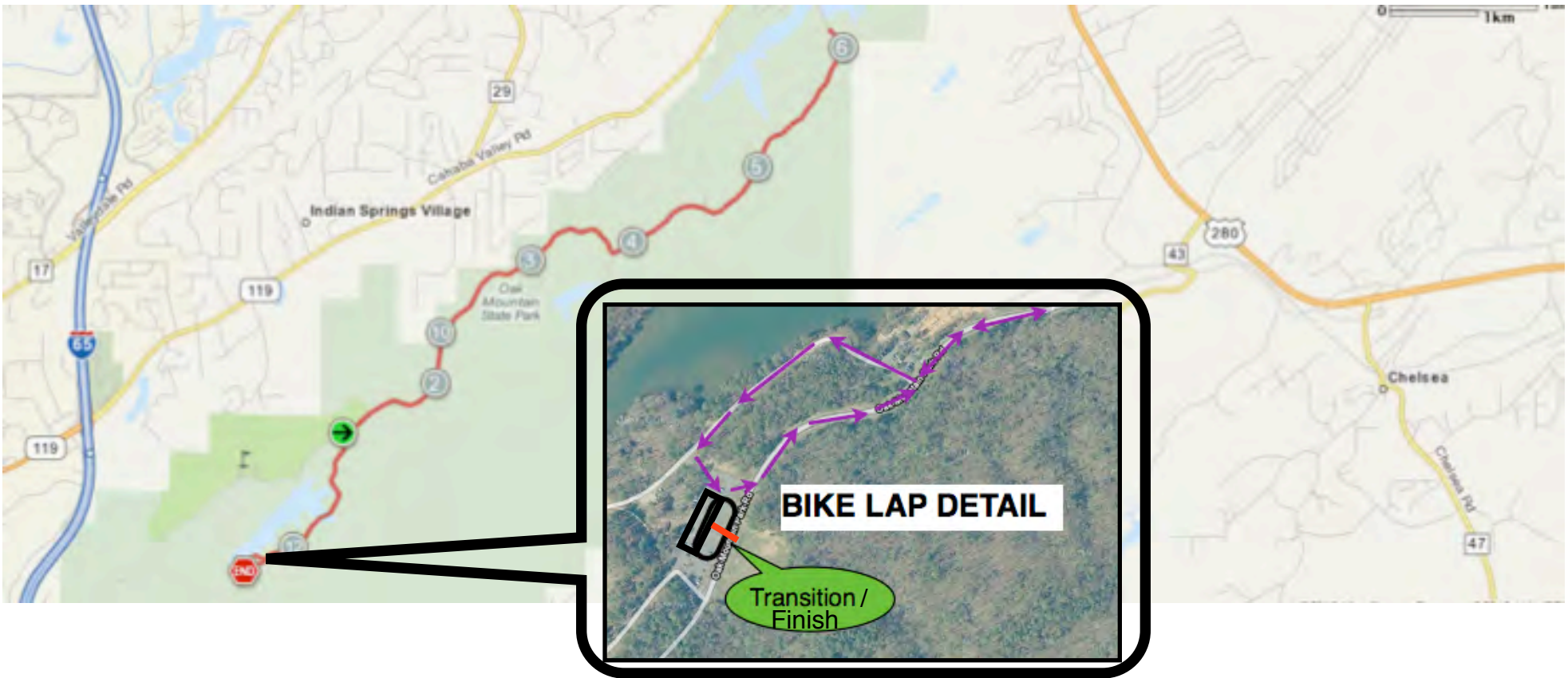
2010 Powerman Alabama Multisport Weekend ROAD RUN COURSE

-RUN Course is OUT and BACK

-Powerman Duathlon Participants Proceed OUT 3.1mi to Turnaround, and BACK to Transition/Finish.

-Team Magic Signature Duathlon Participants Proceed OUT 1.5mi to Turnaround, and BACK to Transition/Finish.

-Double Oak Duathlon Participants Proceed OUT .75mi to Turnaround, and BACK to Transition/Finish.



2010 Powerman Alabama Multisport Weekend ROAD BIKE COURSE

- Powerman Duathlon Participants complete 3 Laps for 60K total distance
- Team Magic Signature Duathlon Participants complete 2 Laps for 40K total distance
- Double Oak Duathlon Participants complete 1 Lap for 20K total distance