



OTTAWA EARLY BIRD TRIATHLON & DUATHLON BIKE COURSE

TURNAROUND
POINT (NORTH)

T-ZONE

TURNAROUND
POINT (SOUTH)

TO / FROM
BIKE COURSE

FROM DU
1ST RUN

FROM POOL

TO 5K
RUN

Exit right from T-ZONE and cycle to North Turnaround Point.
Cycle South, past T-ZONE and turn at South Turnaround Point.
Return to exit from Colonel By to T-Zone to complete one loop.

Try A Tri & Super Sprint Tri - 1 Loop (11K)
Sprint Tri & Sprint Du - 2 Loops (22K)
Long Tri & Long Du - 3 Loops (33K)