

# Barkin' Dog Duathlon Course Map

5K Run - 34K Bike - 5K Run  
(21 mile)

or

2K Run - 18K Bike - 5K Run  
(10.8 mile)

**No Park Entrance Fees!!!**  
**Parking will be at Cherry Creek High School Located at Union & Dayton**

Trail connects to Denver Highline Canal Trail

**IMPORTANT BIKE INFO**

At the conclusion of Lap-1, 34K Riders will turn left as they leave the Lake Loop, and will complete another lap of the course.

At the conclusion of Lap-2, 34K Riders will turn right and return to transition.




At the conclusion of Lap-1, 18K riders will turn right as they leave Lake Loop and return to transition.

**IMPORTANT RUN INFO**

5K Run Loop is counter-clockwise (as shown) for Run-1. The second run will be in the opposite direction. Runners must stay on the shoulder anytime they are on the road.

Short course runners will do an out & back for their 2K (1.25 mile) first run, with an aid station at the turn-around point. The second run will be the same 5K loop as the long-course athletes.

5K Aid stations will be located at 2 points on the loop as shown on the map.

- T** Transition
-  Run Course
-  Bike Course
-  2K Run Turn-Around

