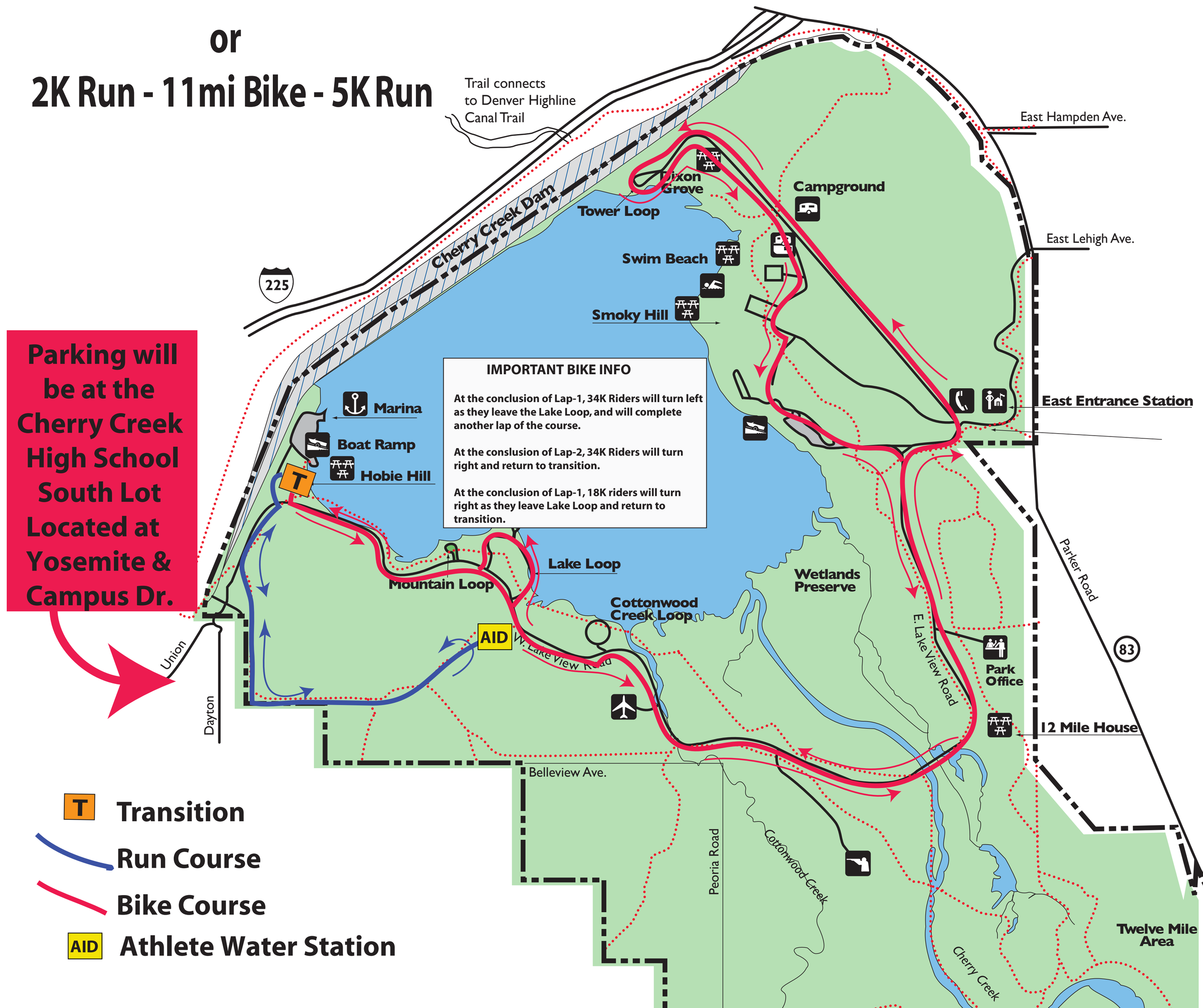
Barkin' Dog Duathlon
Course Map

5K Run - 34K Bike - 5K Run
or
2K Run - 11mi Bike - 5K Run