





**Water Stations.**

 5km walk/run route  
 9km walk/run route  
 16km Cycle Route  
 1 km walk/run route

**Approximate Race Time Schedule**

**Walkers/Runners** will be around:  
 1 km Race 8:40-9am  
 5km route between 8:30 & 10:00am  
 9km route between 9:00 & 11:30am

**Cyclists** will be around  
 between 9:00 and 10:30am