

DES MOINES DIRTY DUATHLON

RACE COURSE

GREENWOOD PARK
4500 GRAND AVENUE, DES MOINES, IA



SPRINT DUATHLON

- ONE LAP RUN | 2 MILES
- TWO LAPS BIKE | 6.5 MILES

DIRTY DUATHLON (SOLO & RELAY)

- ONE LAP RUN | 2 MILES
- THREE LAPS BIKE | 10 MILES
- ONE LAP RUN | 2 MILES

START/FINISH
TRANSITION

JAY SPENCE
SHELTER

BERGMAN
ACADEMY



TRAIL STATUS: STATUS.CENTRALIOWATRAILS.COM

MORE INFO: CENTRALIOWATRAILS.COM

★ CENTER TRAILS

★ SYCAMORE TRAILS

★ BANNER TRAILS

★ EWING PARK TRAILS

★ GRAND VIEW PARK TRAILS

TRAIL LEGEND

— MOUNTAIN BIKING

— TRAIL RUNNING

— PAVED TRAIL

P PARKING

— CENTER AREA MAJOR ROADS

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