

## The Duthie Hill Beast

## 10-mile Road Bike, 4.3 Mile Trail Run

September 30, 2023, 8 am



Join us for the last Duathlon of the season when you are at your peak performance. It is a 10-mile road bike up and down Duthie Hill and a 4.3-mile trail run. Great season ending event for Tri Duathlon season of running, biking and swimming. The event starts at the Soaring Eagle trail head at Trossachs Boulevard and SE 9th Way Sammamish Washington. There is plenty of street parking. Portable potties will be provided. The event starts promptly at 8 am with the 10-mile road bike. Mass Start along Trossachs Boulevard through flashing red lights (police officer) and continues down Duthie Hill to SR202 then on to rural gentle rolling hills to the climb up Duthie Hill and back down. This challenging course is one for your bucket list. The course is a lollipop course. The event starts promptly at 8 am with the 10-mile bike followed by the 4.3-mile Trail run through Soaring Eagle Park. God Speed!

Sign up today at SammamishRunning.com