

# COWBOY STATE DUATHALON

**THIS IS A BIKE/RUN DUATHLON EQUIVALENT TO THE DISTANCE FROM EVANSTON TO PINE BLUFFS ALONG I-80. (BREAKDOWN BELOW )**

**RULES/REGISTRATION: AT RS CIVIC CENTER**

**REGISTRATION: MAY 1ST – MAY 31ST**

**RACE TIMELINE: 30 DAYS TO COMPLETE  
(JUNE 1ST-JUNE 30TH)**

**FEE: \$25**

**CALL ROBYN WITH QUESTIONS 307-352-1422**

**396 TOTAL MILES - 336 MILE BIKE - 60 MILE RUN - EVANSTON TO PINEBLUFFS**