



Can I do this anywhere?

Yes, for sure it's a Virtual Duathlon Challenge. That means as long as you stay within your local governments COVID-19 guidelines you can clock up your km's in your neighbourhood, even indoors and of course, the great outdoors!

Do I have to do all the stages in one go?

Well kind of! As it is a 'Duathlon' the idea is to go from one discipline to the next, although we know everyone is at a different level of fitness from beginner to elite athlete. And there are some even more time restrictions on our friends in Victoria. This Challenge is virtually all about being active, having some fun and staying positive in these COVID-19 times and in particular keeping a healthy mind. Remember, you can do it at your pace and at your place!

How can I prove my sweaty efforts?

Simply send a screen shot or a summary from your GPS watch, fitness App or Strava. Send us your proof by posting on the event FaceBook page, email us info@centauroutdoorevents.com.au or the Myactive link.

When can I expect my medal?

So once we have seen your sweaty proof you, we will posting out your 'Bush n Bay' custom medal, wristband and face buff on the following Thursday! There could be some slight delays with delivery considering the current situation, but hopefully not! We have all the goodies in stock!!

How long do I have to complete the Duathlon?

You have the whole of September to get this one done and we know our Virtual Racing buddies in Victoria have even more restrictions on them for exercise. So, no problems if you break it up to smaller efforts! You can do this...run/ride/run like you mean it!! Good luck, stay safe and keep your space!

So what are you waiting for...let's get started!