

EAST COAST REGIONAL



Fort Valley, VA.

CHAMPIONSHIP



*Duffle bags to all R&T Long Course Finishers  
Belt Buckles to all R&T Short Course Finishers*



**October 18-19, 2024**  
**Fort Valley, VA**

***Friday: Ride & Tie - Long Course Championship (30+miles)***

***Saturday: Ride & Tie—Short Course Championship (15 miles)***

***Ride & Tie - Open (50 miles)***

***Equathon Long Course (15 ride/15 run)***

***Equathon Short Course (15 ride/5 run)***