



Swim 1500 Meters

Swim Course (1 loop):
- Keep orange buoys on your right on the outside
- Keep yellow buoys on your left on the inside

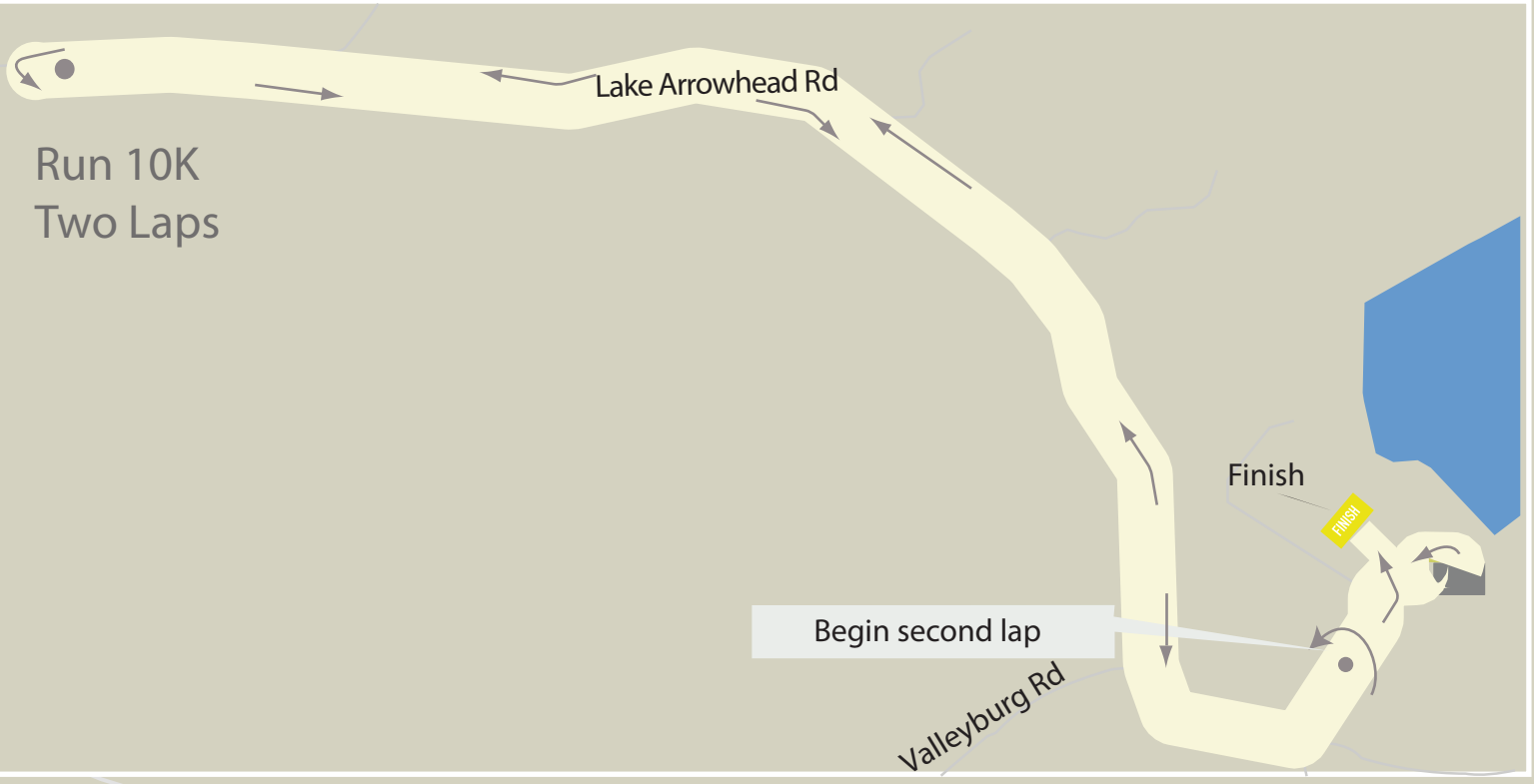


Run
Transition

Lake Arrowhead Rd

Bike 41K

Valleyburg Rd



Run 10K
Two Laps

Lake Arrowhead Rd

Finish

Begin second lap

Valleyburg Rd

Farmview Rd

Hollow Run Rd

Ida Rd

Cyclists will begin second loop
at the intersection of Ida Rd and
Hallow Run Rd

Ida Rd

Farmview Rd



Bike Cue Sheet

Start: Lake Arrowhead Park, Luray, VA

Total distance: 25.7 miles

<u>Distance</u>	<u>Total</u>	<u>Directions</u>
0.0	0.0	Leaving Park, turn right on Lake Arrowhead Rd
0.1	0.11	Turn left at Valley Burg Rd
2.5	2.6	Turn left at Ida Rd
1.5	4.1	Turn right at Hollow Run Rd
2.4	6.5	Turn left at Farmview Rd
4.1	10.6	Turn left at Ida Rd
2.2	12.8	Turn left at Hollow Run Rd
2.4	15.2	Turn left at Farmview Rd
4.1	19.3	Turn left at Ida Rd
3.8	23.1	Turn right at Valley Burg Rd
2.5	25.6	Turn right at Lake Arrowhead Rd
0.1	25.7	Arrive Lake Arrowhead Park

Notes:

- Adding distance from transition area to park entrance (2x) adds additional 0.1 mile for a total distance of 25.8 miles
- Cue sheet generated using googlemap_cuesheet: <http://snurl.com/hogwv>

