



Swim 750 Meters



Bike 17.0 Miles



Ida Rd

Hollow Run Rd

Farmview Rd

Farmview Rd

Ida Rd

Valleyburg Rd

Finish

Run 5K  
One Lap



## Bike Cue Sheet

Start: Lake Arrowhead Park, Luray, VA  
 Total Distance: 16.9 miles

<u>Distance</u>	<u>Total</u>	<u>Directions</u>
0.0	0.0	Leaving Park, turn <b>right</b> on <b>Lake Arrowhead Rd</b>
0.1	0.1	Turn <b>left</b> at <b>Valley Burg Rd</b>
2.5	2.6	Turn <b>left</b> at <b>Ida Rd</b>
1.5	4.1	Turn <b>right</b> at <b>Hollow Run Rd</b>
2.4	6.5	Turn <b>left</b> at <b>Farmview Rd</b>
4.1	10.6	Turn <b>left</b> at <b>Ida Rd</b>
3.8	14.4	Turn <b>right</b> at <b>Valley Burg Rd</b>
2.5	16.8	Turn <b>right</b> at <b>Lake Arrowhead Rd</b>
0.1	16.9	Arrive at <b>Lake Arrowhead Park</b>

Notes:

- Adding distance from transition area to park entrance (2x) adds additional 0.1 mile for total distance of 17.0 miles
- Cue sheet generated using googlemap\_cuesheet: <http://snurl.com/hogwy>

