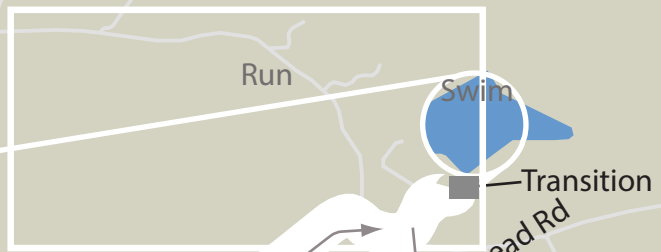
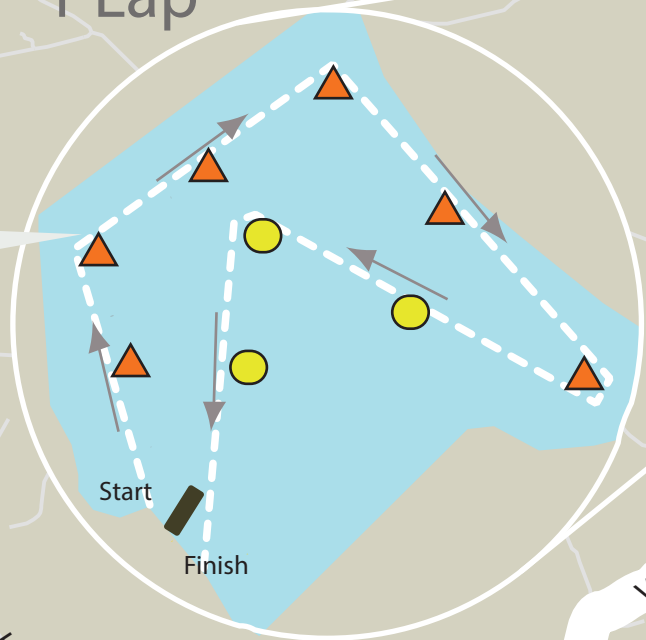




Swim 1500m  
1 Lap

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



Bike 41Km  
Two Loops



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

Run 10Km  
Two Laps



(A) = Run Aid Station



## 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 <b>right</b> on <b>Lake Arrowhead Rd</b>
0.1	0.11	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>
2.2	12.8	Turn <b>left</b> at <b>Hollow Run Rd</b>
2.4	15.2	Turn <b>left</b> at <b>Farmview Rd</b>
4.1	19.3	Turn <b>left</b> at <b>Ida Rd</b>
3.8	23.1	Turn <b>right</b> at <b>Valley Burg Rd</b>
2.5	25.6	Turn <b>right</b> at <b>Lake Arrowhead Rd</b>
0.1	25.7	Arrive <b>Lake Arrowhead Park</b>

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>

