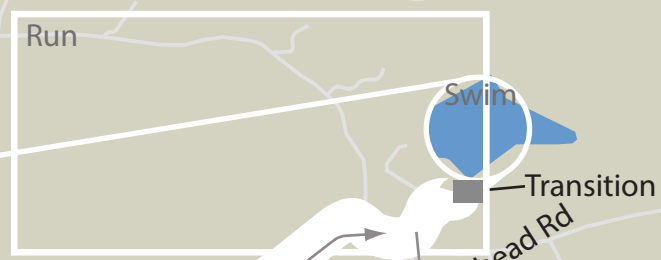
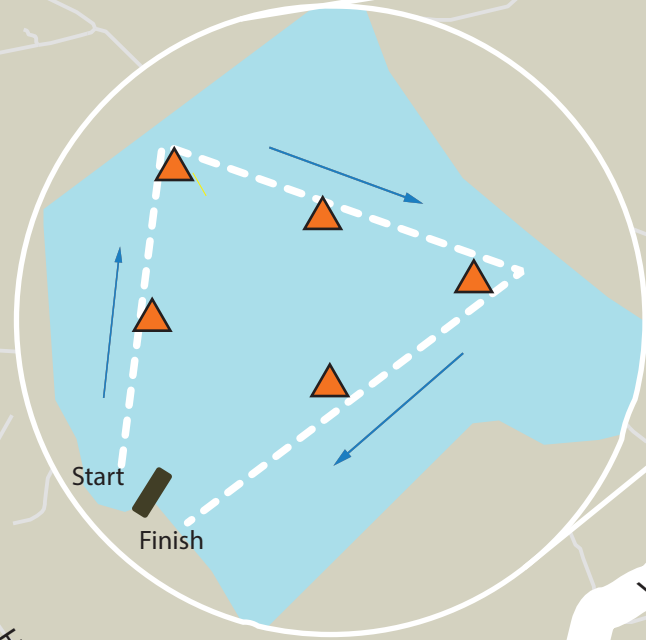
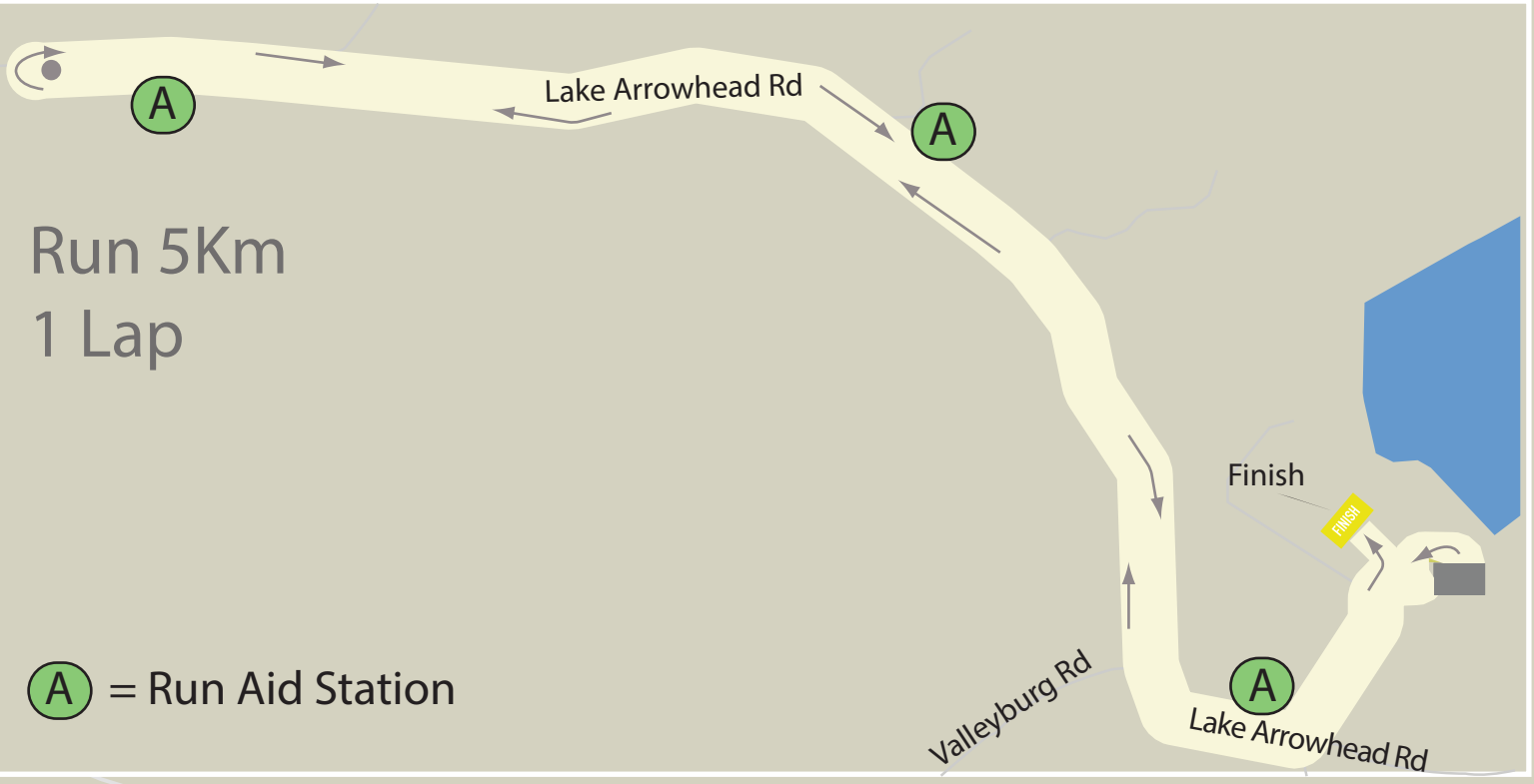
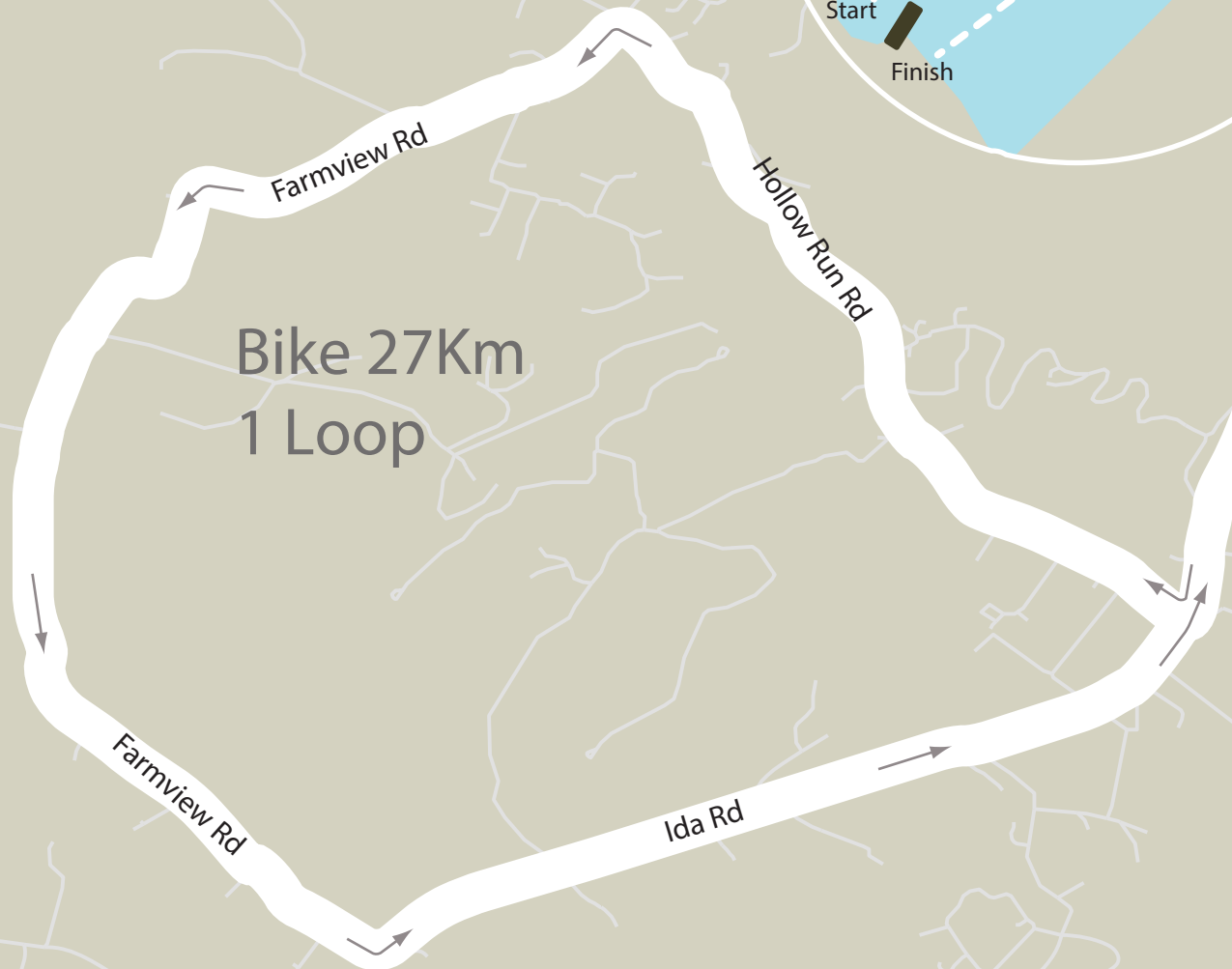


Swim 750m
1 Lap



Bike 27Km
1 Loop





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 right on Lake Arrowhead Rd |
| 0.1 | 0.1 | 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 |
| 3.8 | 14.4 | Turn right at Valley Burg Rd |
| 2.5 | 16.8 | Turn right at Lake Arrowhead Rd |
| 0.1 | 16.9 | Arrive at Lake Arrowhead Park |

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/hogwv>

