



(A) = Run Aid Station



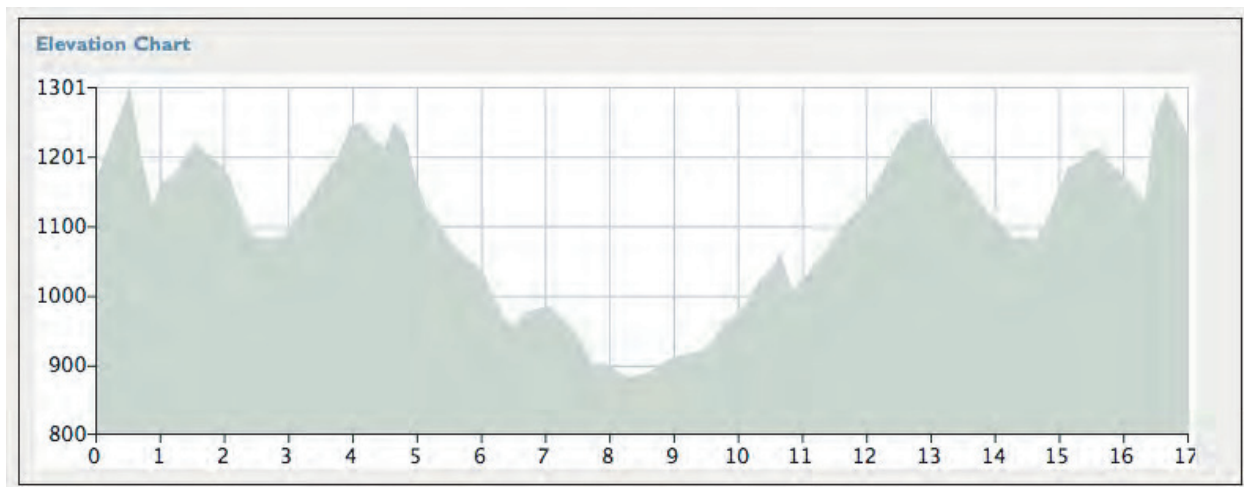
Bike Cue Sheet

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>

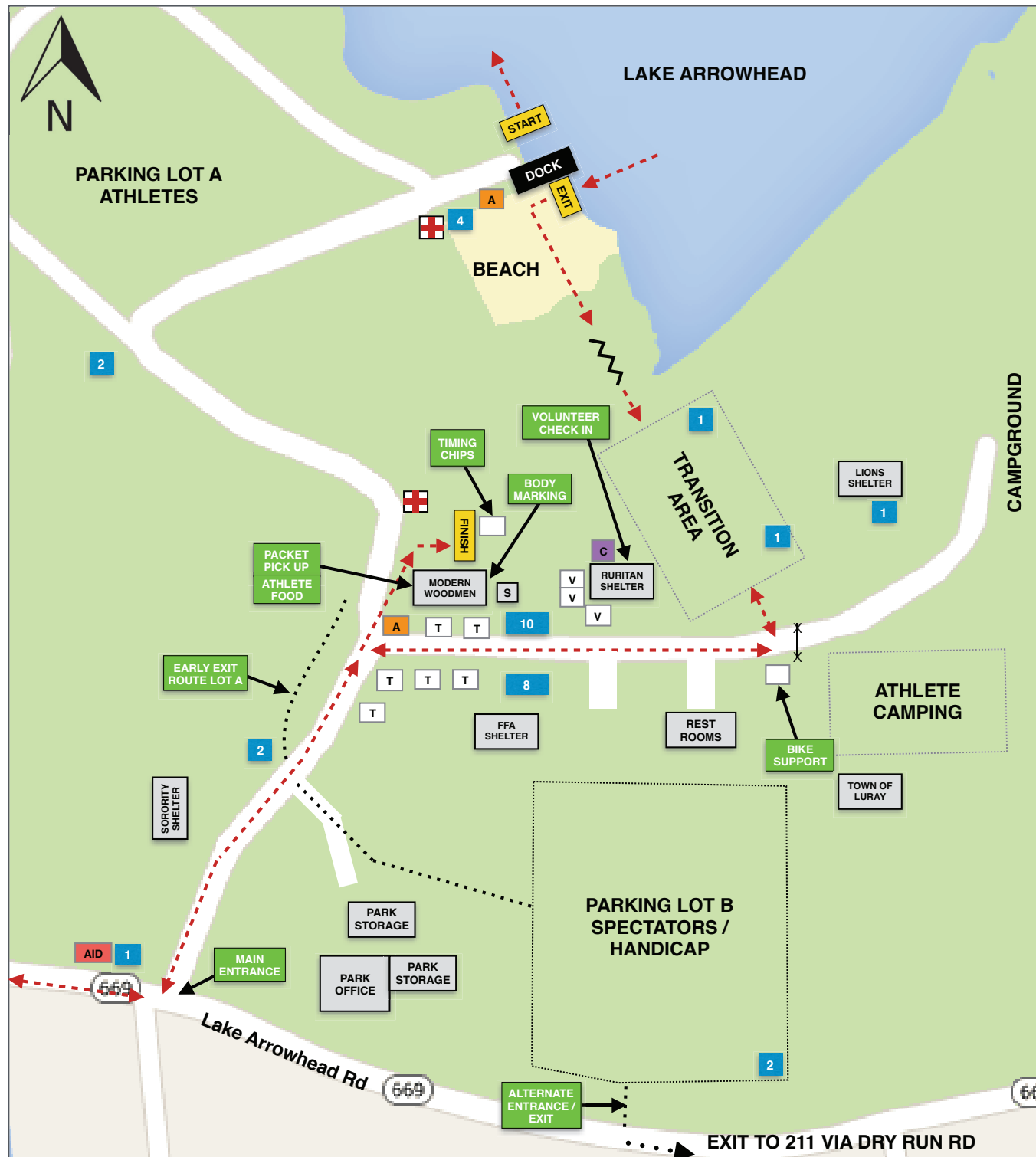




COME PLAY IN LURAY!
INTERNATIONAL
SPRINT

Legend

- Existing Structure
- Tent / Canopy
- EMS / First Aid / Ambulance
- Portable Toilets (#)
- Barrier
- Comm Center
- Announcer
- Triathlon Team / Club Tents
- Vendor (Food) Tents
- Stage (Live Music)
- Bike & Run Course
- Steps
- Athlete Aid Station





COME PLAY IN LURAY!
**INTERNATIONAL
 SPRINT**

Legend

- Existing Shelter
- Tent / Canopy
- EMS
- Bike Racks
- Announcer
- Swim Route
- Bike Route
- Run Route
- Steps

