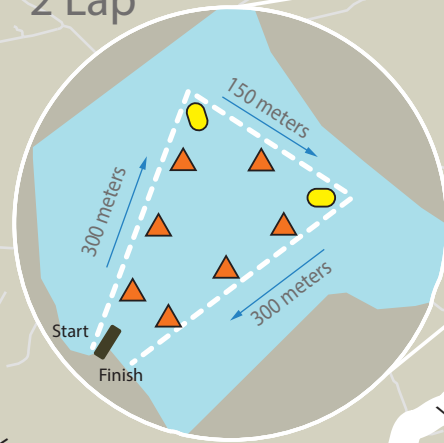




Swim 1500m  
2 Lap



Run  
Swim  
Transition  
Lake Arrowhead Rd

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

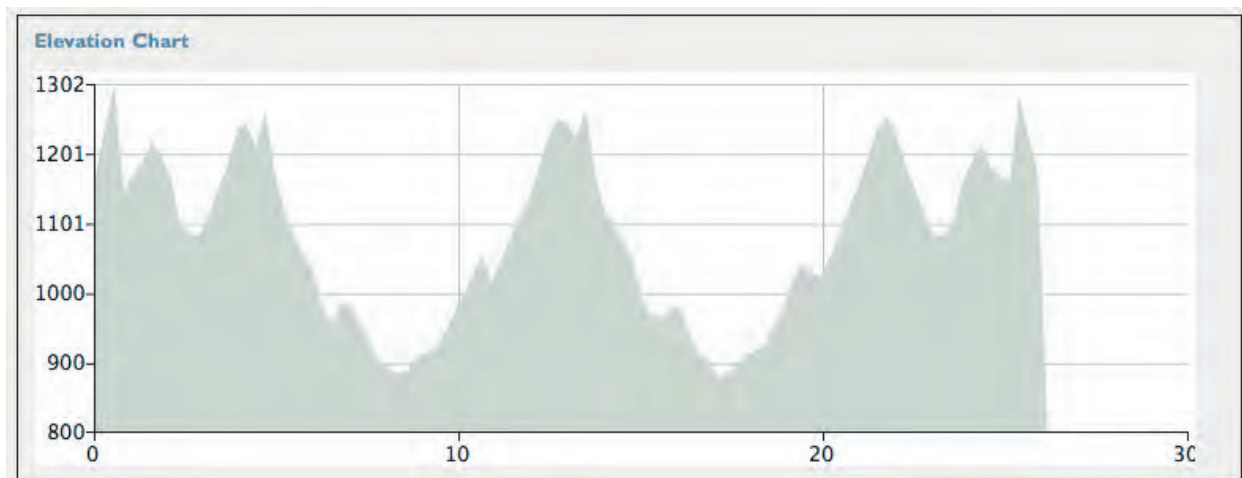
Start: Lake Arrowhead Park, Luray, VA

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>

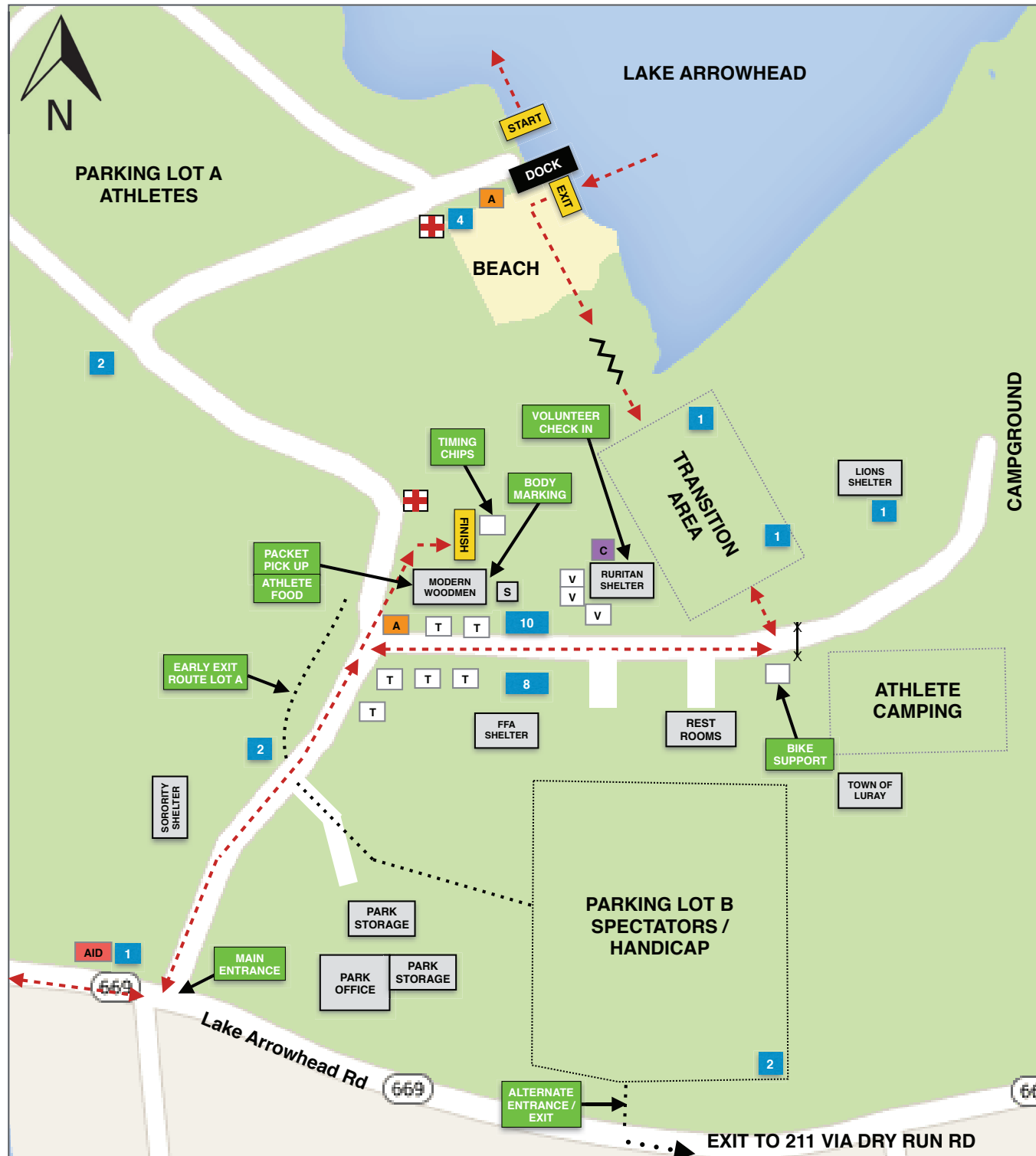




COME PLAY IN LURAY!  
INTERNATIONAL SPRINT

### 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

