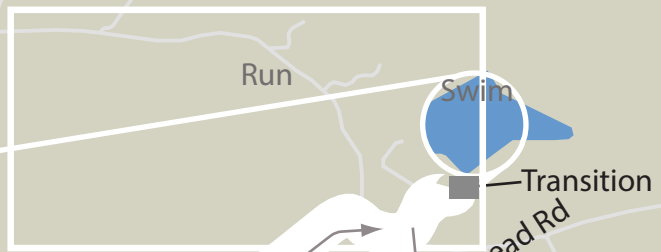
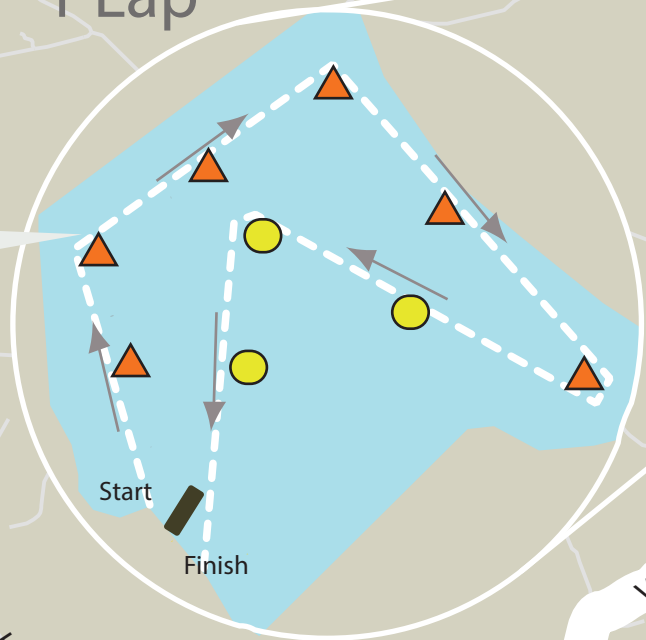




Swim 1500m
1 Lap

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

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>

