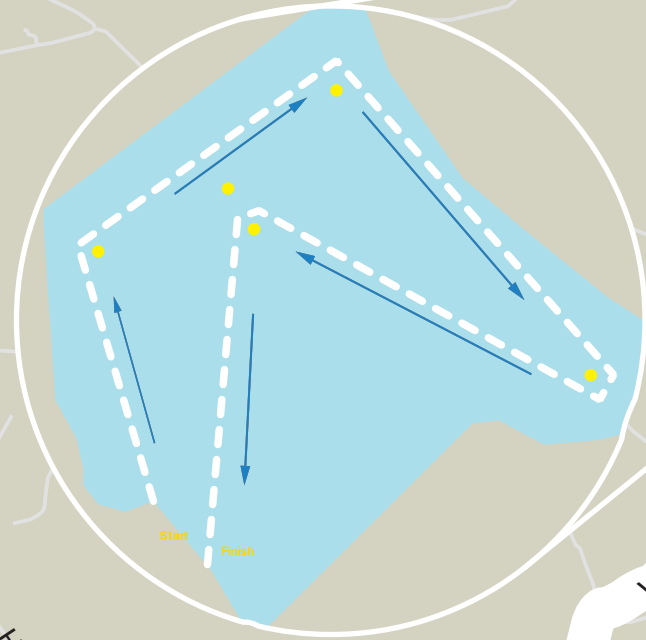




Swim 1500 Meters



Run

Transition

Lake Arrowhead Rd

Bike 41K

Valleyburg Rd

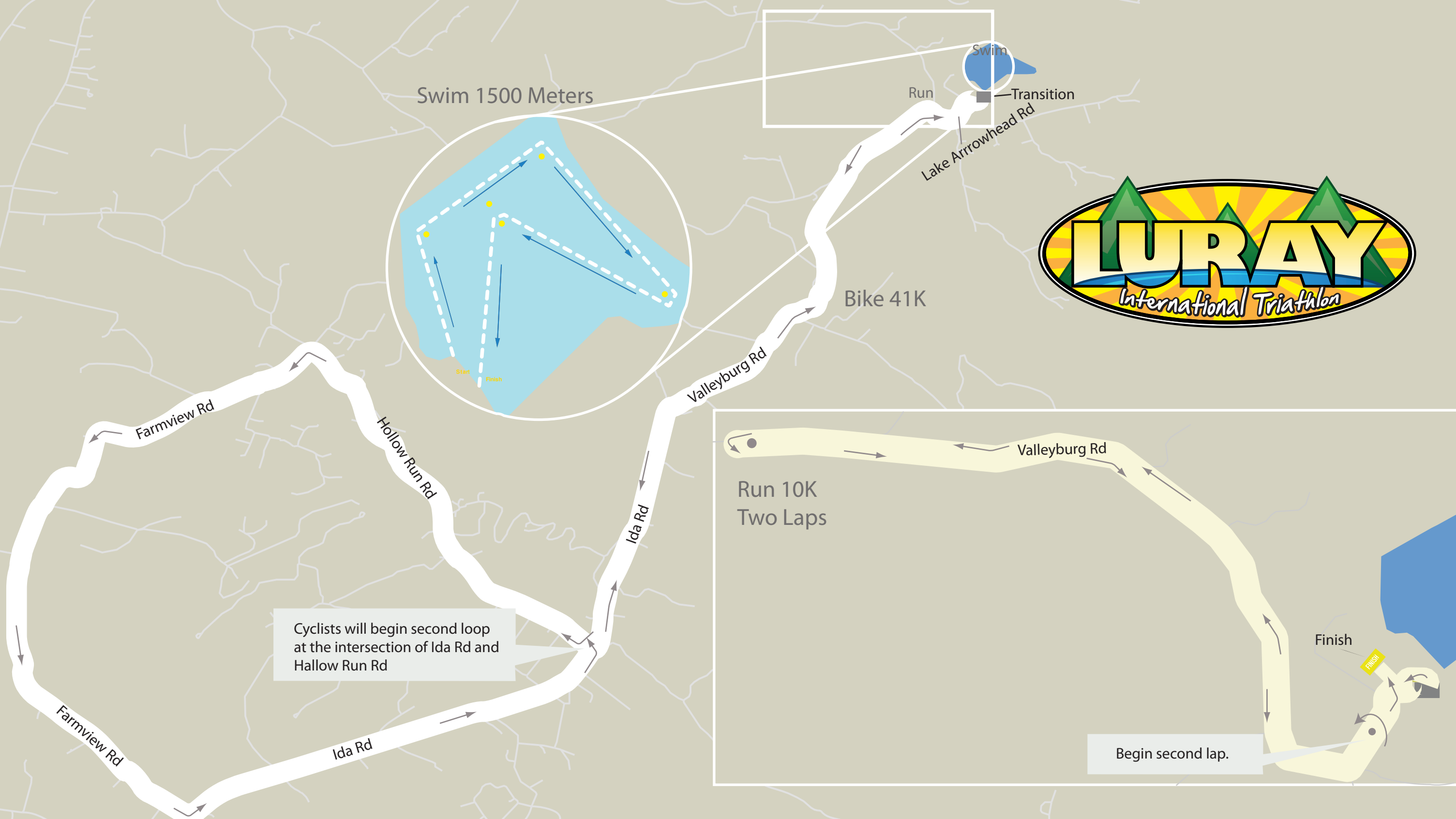
Run 10K
Two Laps

Valleyburg Rd

Finish

Begin second lap.

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





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>

