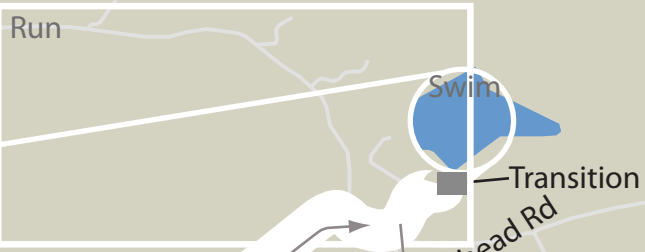




Swim 750 Meters



Bike 17.0 Miles



Valleyburg Rd

Ida Rd

Ida Rd

Farmview Rd

Hollow Run Rd

Farmview Rd

Transition
Lake Arrowhead Rd

Finish

Finish



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>

