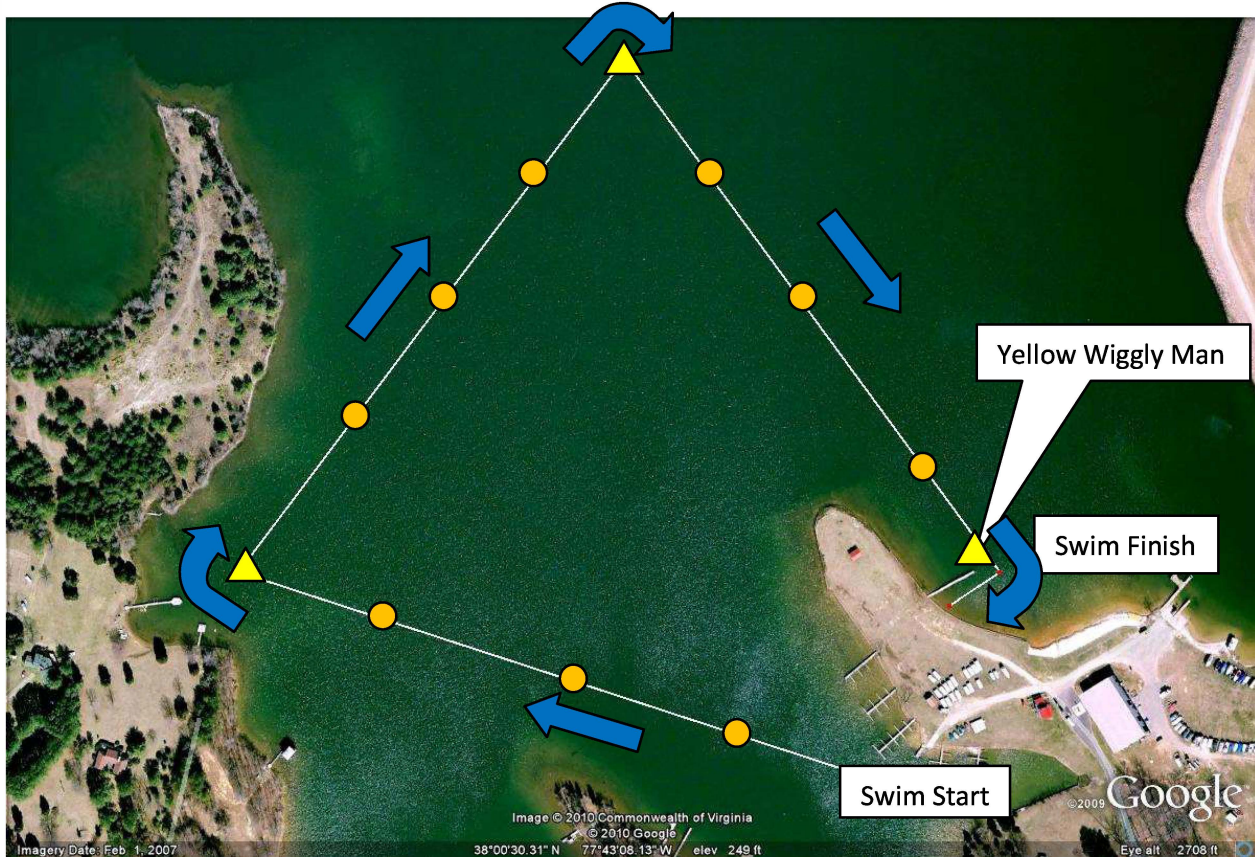


Pleasants Landing Olympic Swim Course – 1500 Meters



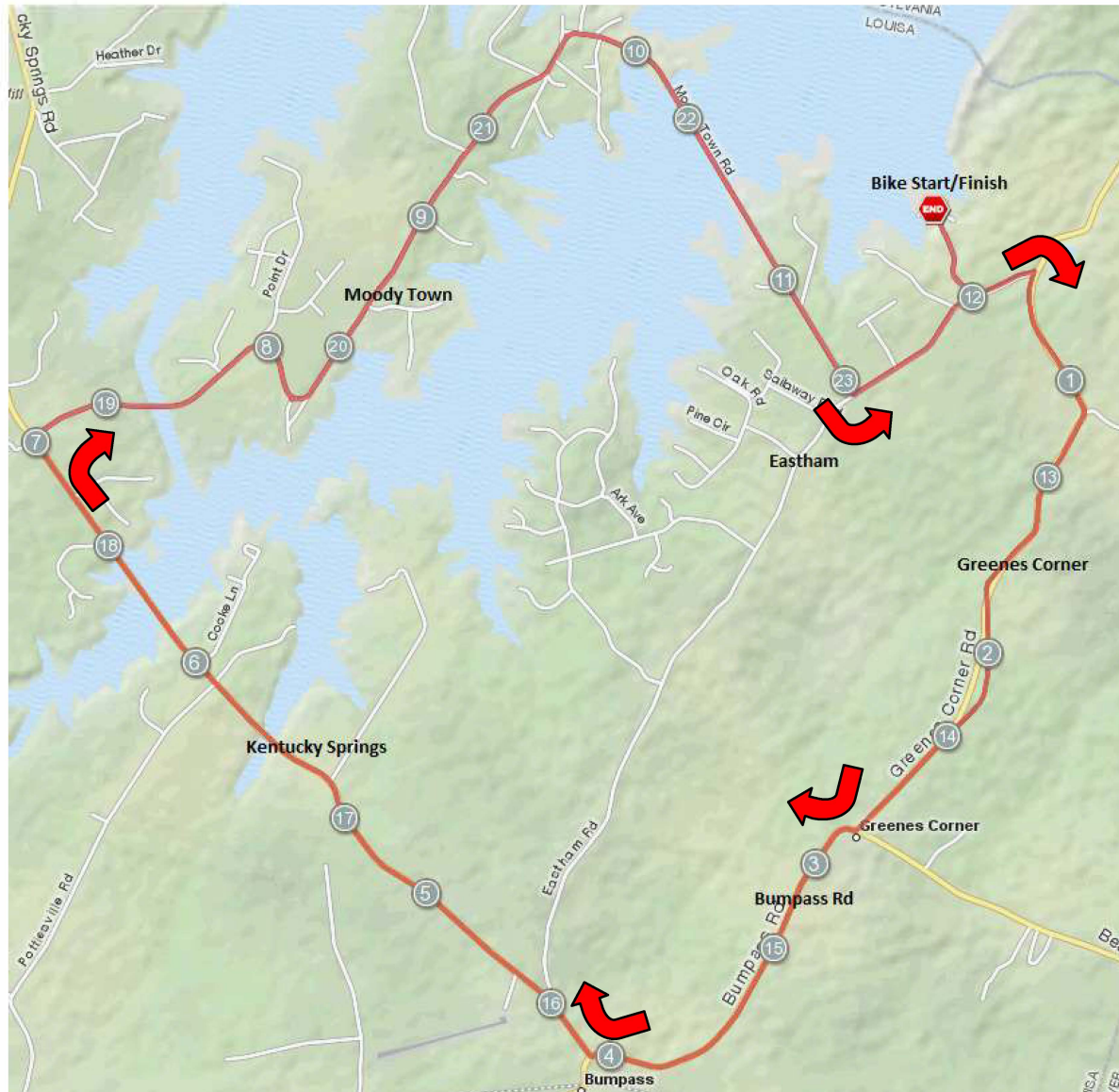
Saturday's Swim Course – 1500 Meters

- Athletes keep the buoys on your right
- Yellow Triangle Buoys are Turn Buoys
- Orange Cylinder Buoys are Sighting Buoys
- The Last Turn in takes you around a decrepit dock and a yellow wiggly man

If you need assistance - Roll on your back and wave your hand in the air – we will come to you.

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.

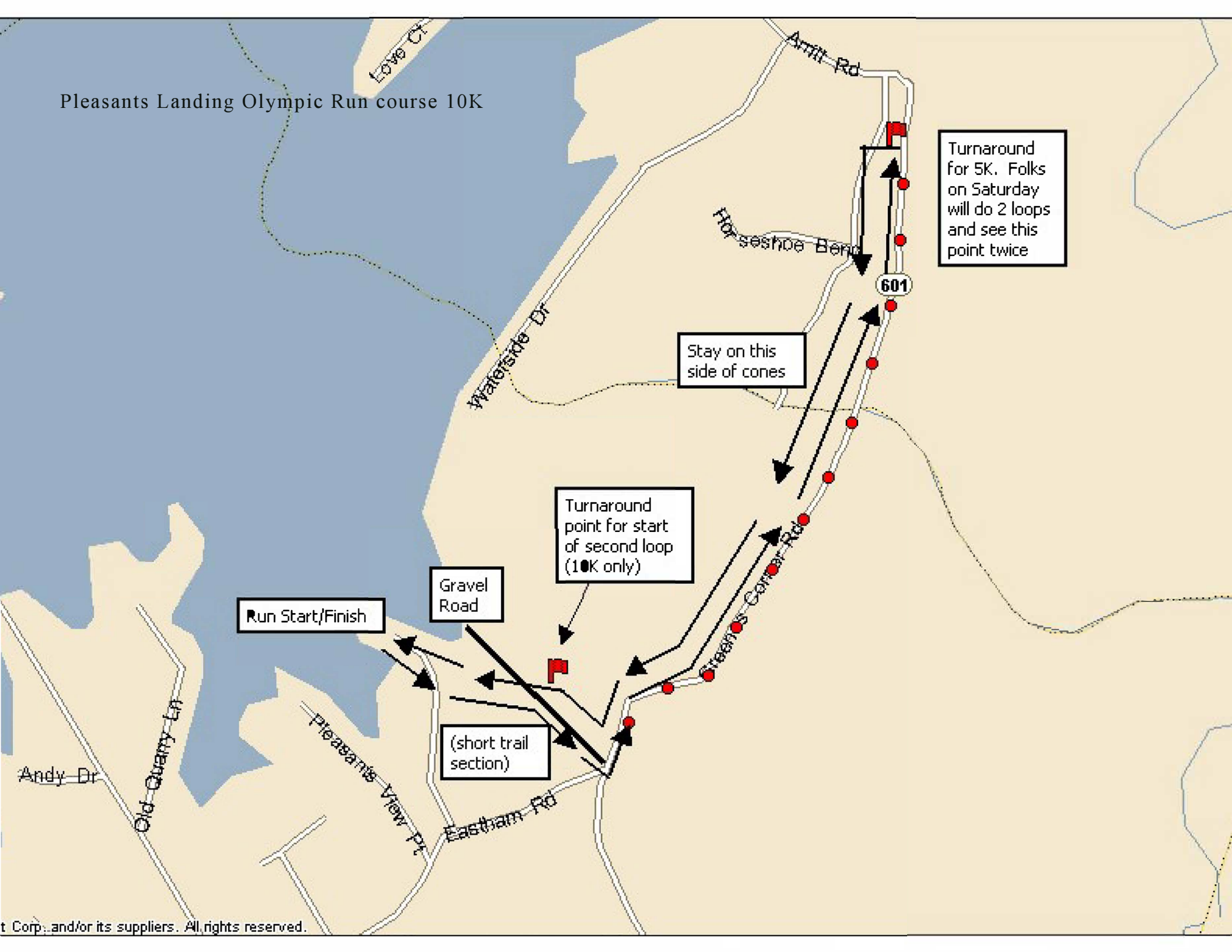
Pleasants Landing Olympic Bike Course – 24 Miles



Note: *This is a 2 LOOP bike course.* At mile 12 athletes go STRAIGHT past the marina. At mile 23.8 turn LEFT into the Marina driveway. Only YOU know what lap YOU are on.

Start 2nd Lap – Go Straight
Finish 2nd Lap – Turn Left

Pleasants Landing Olympic Run course 10K



Turnaround for 5K. Folks on Saturday will do 2 loops and see this point twice

Stay on this side of cones

Turnaround point for start of second loop (10K only)

Run Start/Finish

Gravel Road

(short trail section)



Pleasants Landing Bike Course Cue Sheet

Olympic Bike Course – 2 Loops – 24 Miles

Mileage	Turn
0.0	Mount bike at top of hill at Marina Entrance – Exit marina in left lane
0.3	Turn left on Eastham (701)
0.6	Turn Right on Greenes Corner (601) (<i>SHARP RIGHT TURN!!!</i>)
2.9	Turn Right on Bumpass Rd (601)
4.2	Turn Right on Kentucky Springs (652)
7.1	Turn Right on Moody Town (622)
11.4	Left on Eastham Rd (701)
12.0	<i>Go straight past Pleasants Landing (Marina Entrance) to Start 2nd Lap</i>
12.2	Turn Right on Greenes Corner (601) (<i>SHARP RIGHT TURN!!!</i>)
14.5	Turn Right on Bumpass Rd (601)
15.8	Turn Right on Kentucky Springs (652)
18.7	Turn Right on Moody Town (622)
23.0	Left on Eastham Rd (701)
23.6	<i>Turn left on Pleasants Landing to Finish 2nd Lap</i>
23.9	Finish Bike Course - Dismount

Sprint Bike Course – 1 Loop – 12 Miles

Mileage	Turn
0.0	Mount bike at top of hill at Marina Entrance – Exit marina in left lane
0.3	Turn left on Eastham (701)
0.6	Turn Right on Greenes Corner (601) (<i>SHARP RIGHT TURN!!!</i>)
2.9	Turn Right on Bumpass Rd (601)
4.2	Turn Right on Kentucky Springs (652)
7.1	Turn Right on Moody Town (622)
11.4	Left on Eastham Rd (701)
12.0	Left on Pleasants Landing (Main Marina Entrance)
12.3	Finish Bike Course - Dismount