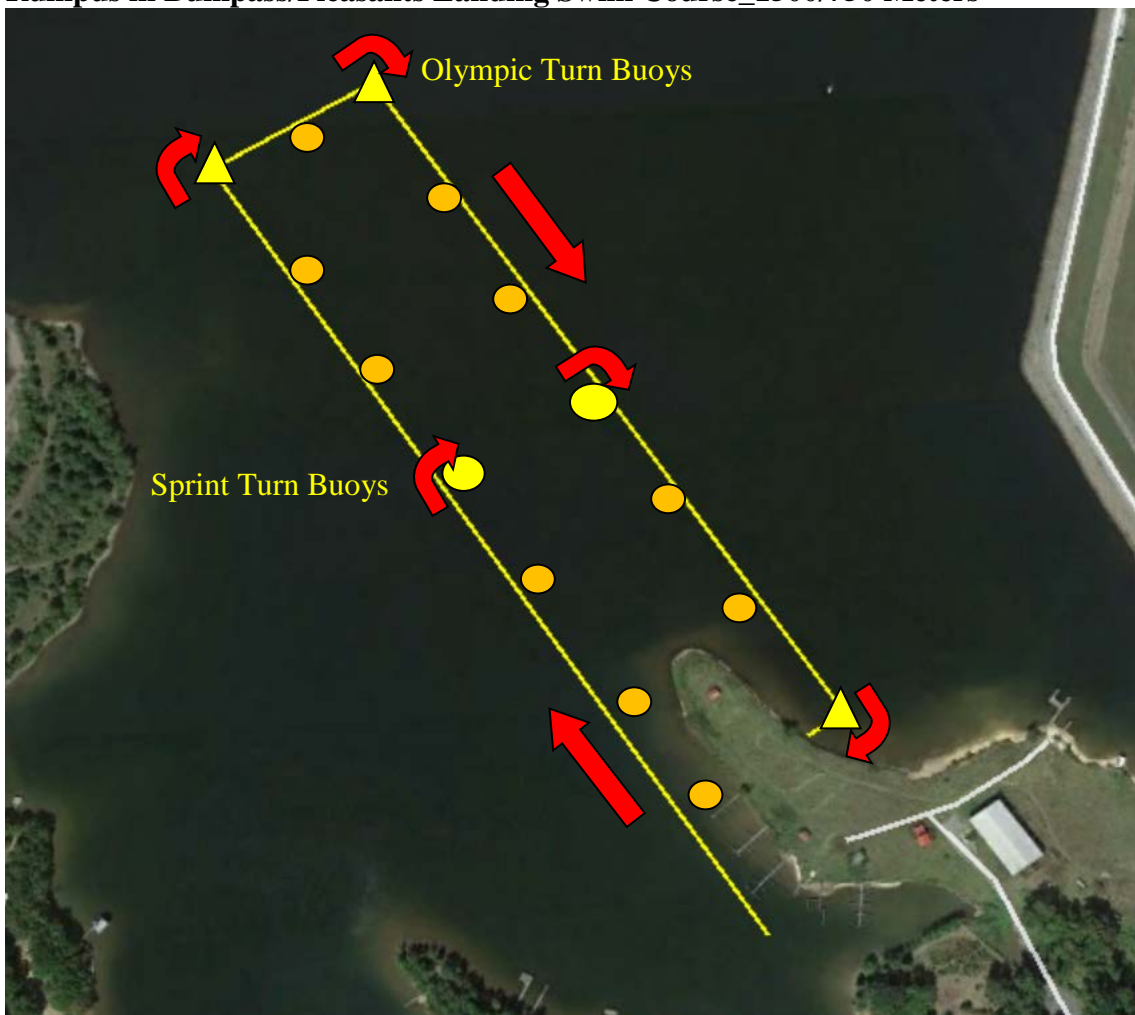




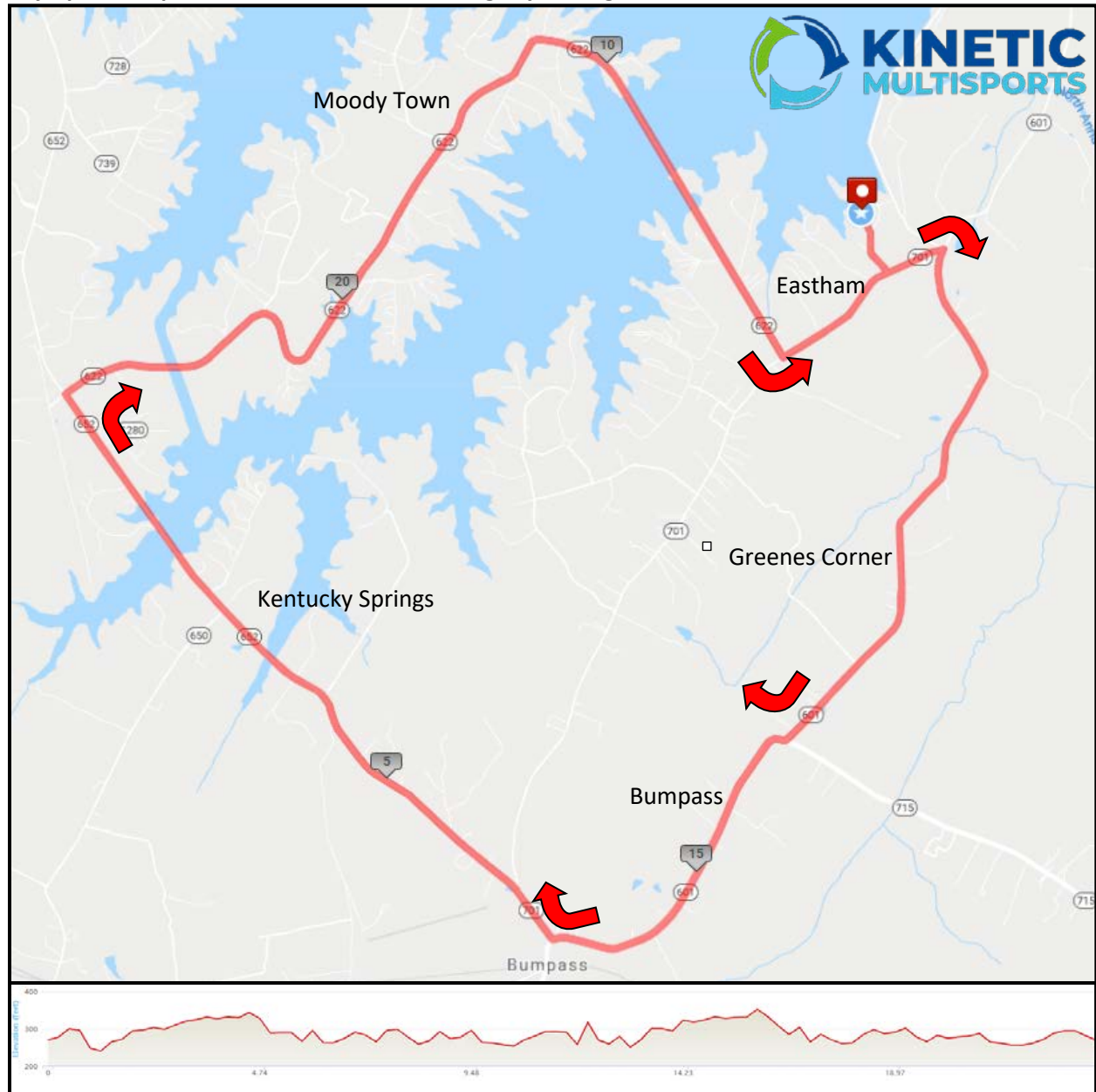
PLEASANTS LANDING

OLYMPIC
& SPRINT
TRIATHLON

Rumpus in Bumpass/Pleasants Landing Swim Course_1500/750 Meters



Rumpus in Bumpass / Pleasants Landing Bike Course
Olympic and Sprint – 24/12 Mile Courses – Lightly Rolling



Notes: The Olympic is a 2 loop bike course, the Sprint is 1 loop. Athletes in the Olympic will pass the Marina entrance at mile 12, then at mile 23.3 will turn in to finish their 2nd lap. Sprint athletes just turn in to finish. There is an expansion grate at mile 10.5 going over the causeway, please use caution.



Rumpus in Bumpass Bike Course Cue Sheet

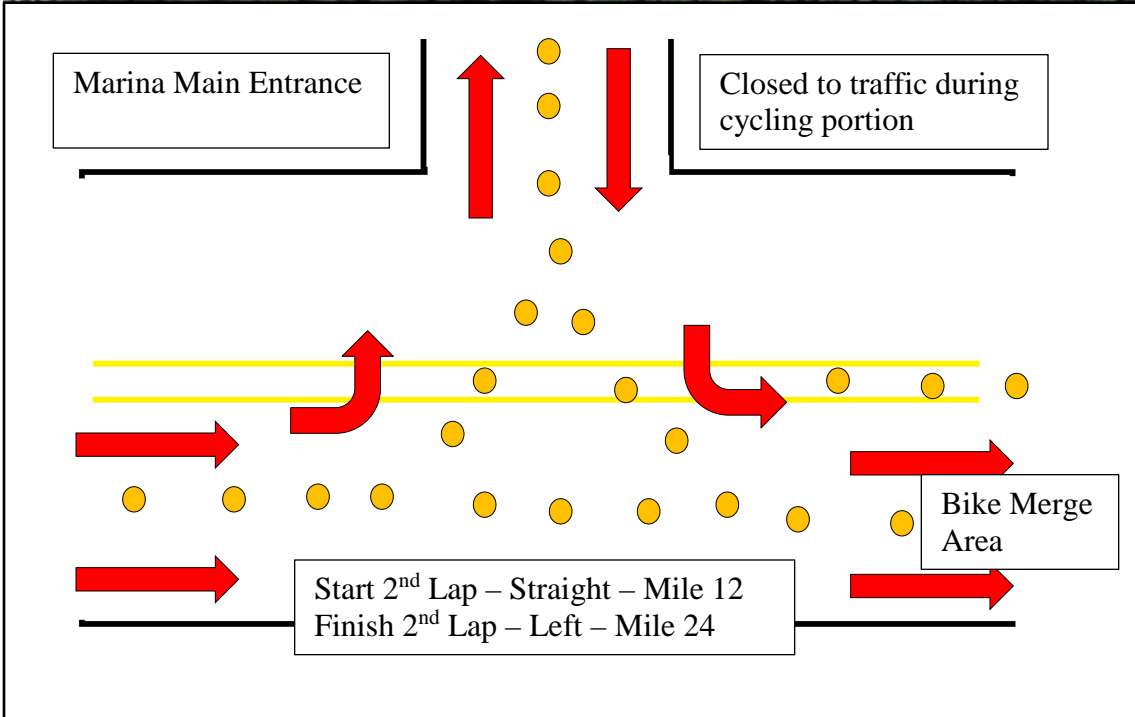
International Bike Course – 2 Loops – 24 Miles

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

Bike Course Marina Entrance

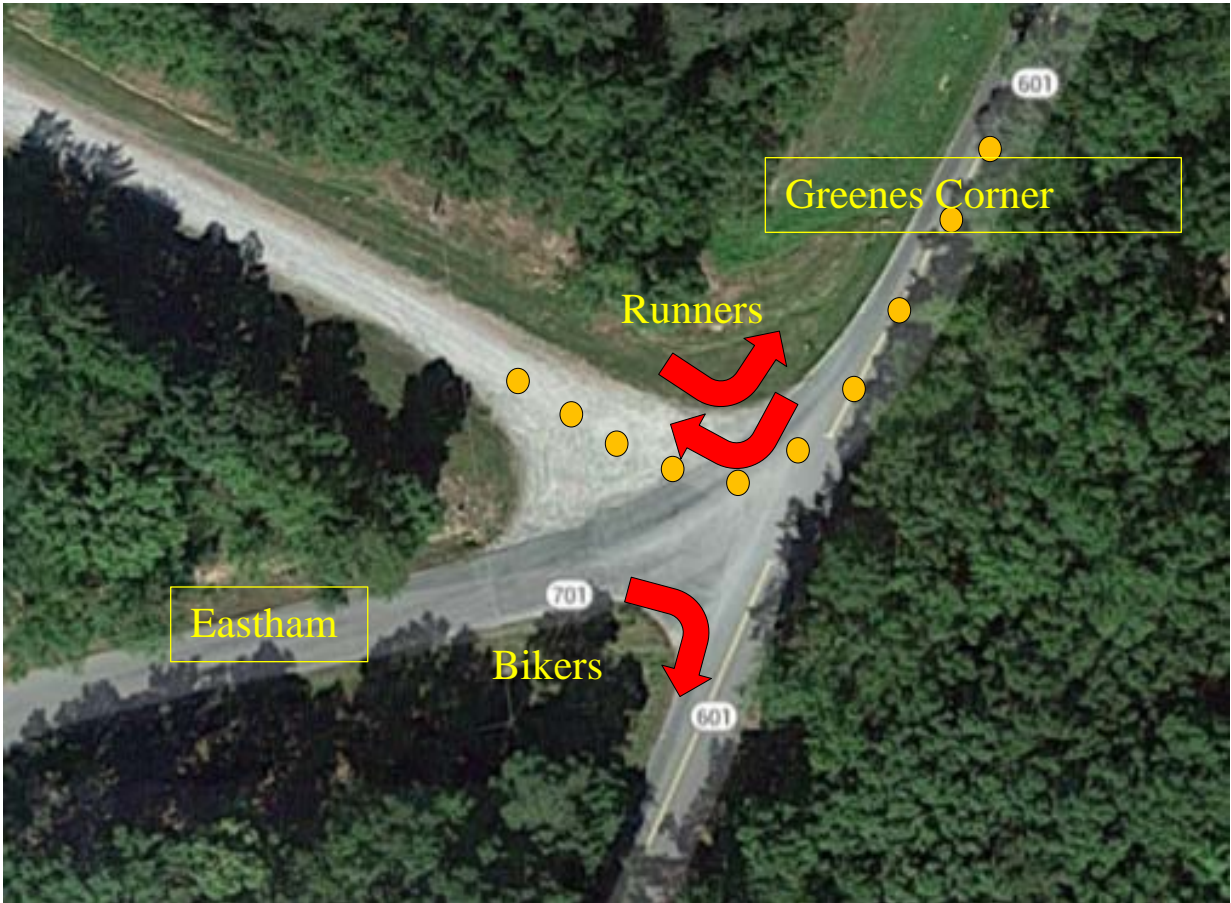


Run Course: 6.2 or 3.1 Miles



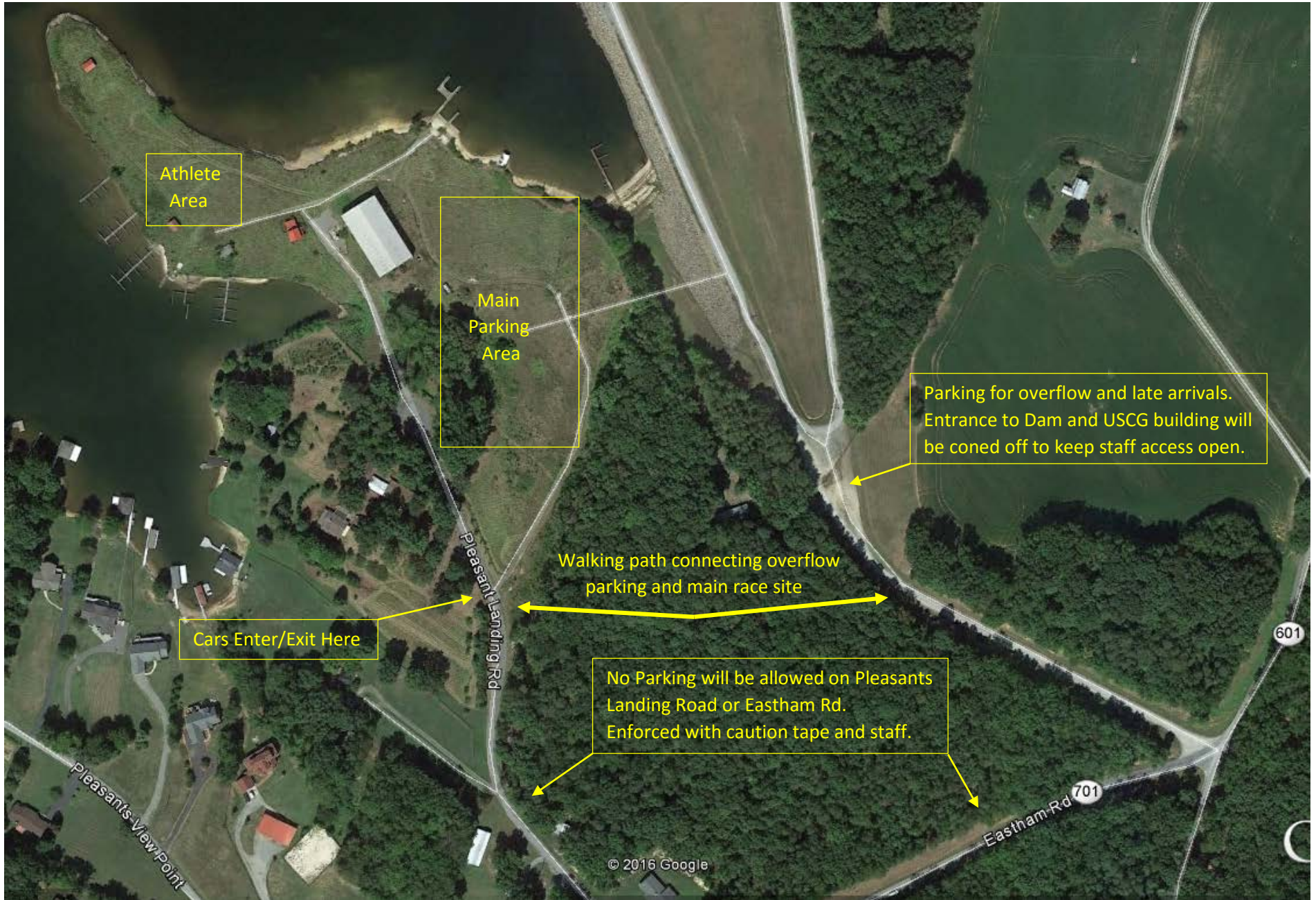
Description: The run course starts and finishes at Pleasants Landing Marina. The run goes through the woods onto the gravel access road to the dam. It then intersects 601 where a lane will be coned off for the runners for approximately 1 mile. A motorcycle will act as a pilot vehicle for alternating one way traffic.

Run Course: Eastham/Greenes Corner/Dam Access Rd



During the running portion of the event Rt. 601 will be coned to one lane to keep runners on the side closest to the lake. Cars will be held at each end and alternated through with a motorcycle pilot car.

Triathlon Site Layout_Lake Anna Beach Marina



Triathlon Site Layout_Lake Anna Beach Marina

