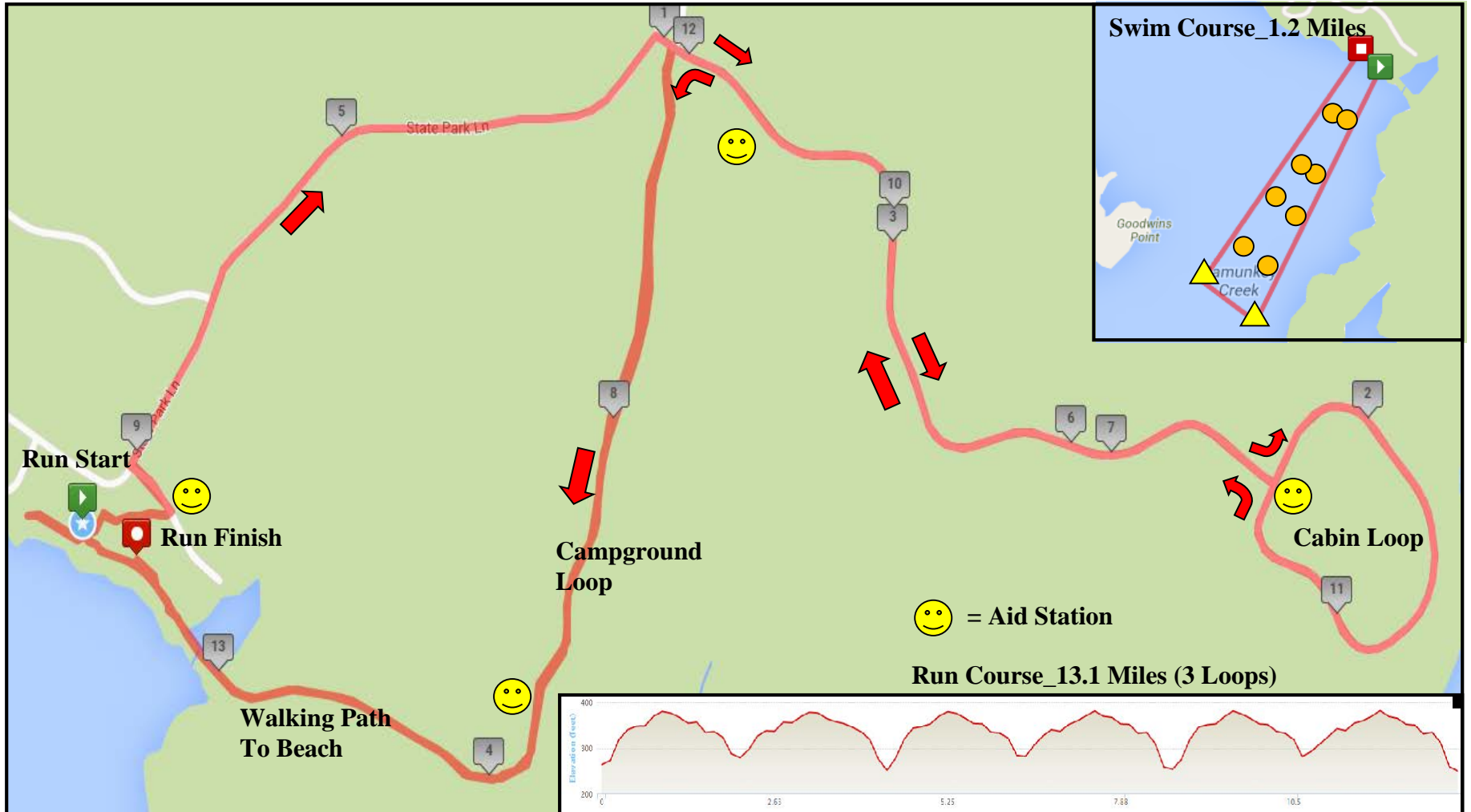


Smithfield Sprint - Richmond Sprint - Angels Race - Smith Mountain Lake - Kinetic Triathlon Festival
 Rock Hall Triathlon - Jamestown Triathlon & Gran Fondo - General Smallwood Triathlon - Bath County
 Colonial Beach Triathlon - Culpeper Triathlon & Gran Fondo - Druid Hill - Patriots Triathlon
 SavageMan Triathlon - Giant Acorn Triathlon - Waterman's Triathlon
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Kinetic Half Bike Course Cue Sheet

Mile	Note
0.0	Pass Mount Line <i>in easy gear</i> for uphill start
2.7	Left on Lawyers Rd (Rt. 601) (Exit Lake Anna State Park)
4.9	Right on Lawyers Rd (Rt. 601)
9.9	Right on W. Catharpin (Rt. 608)
10.8	Left on W. Catharpin (Rt. 608)
15.0	<i>Aid Station</i>
17.0	Right on Robert E. Lee (Rt. 608)
18.9	Right on Seays Rd (Rt. 649)
21.3	Right on Post Oak (Rt. 606)
26.0	<i>Aid Station</i>
28.5	Straight on Post Oak, <i>Start 2nd Lap!!!</i>
31.0	Right on W. Catharpin (Rt. 608)
35.0	<i>Aid Station</i>
37.4	Right on Robert E. Lee (Rt. 608)
39.3	Right on Seays (Rt. 649)
41.6	Right on Post Oak (Rt. 606)
46.0	<i>Aid Station</i>
48.0	Left on Stubbs Bridge Rd (Rt. 612), <i>Finish 2nd Lap!!!</i>
52.0	Left on Lawyers Rd (Rt. 601)
53.3	Right on State Park Rd (Entrance to Lake Anna State Park)
55.9	Dismount Bike (<i>Caution: Sharp right downhill approach to dismount line!</i>)