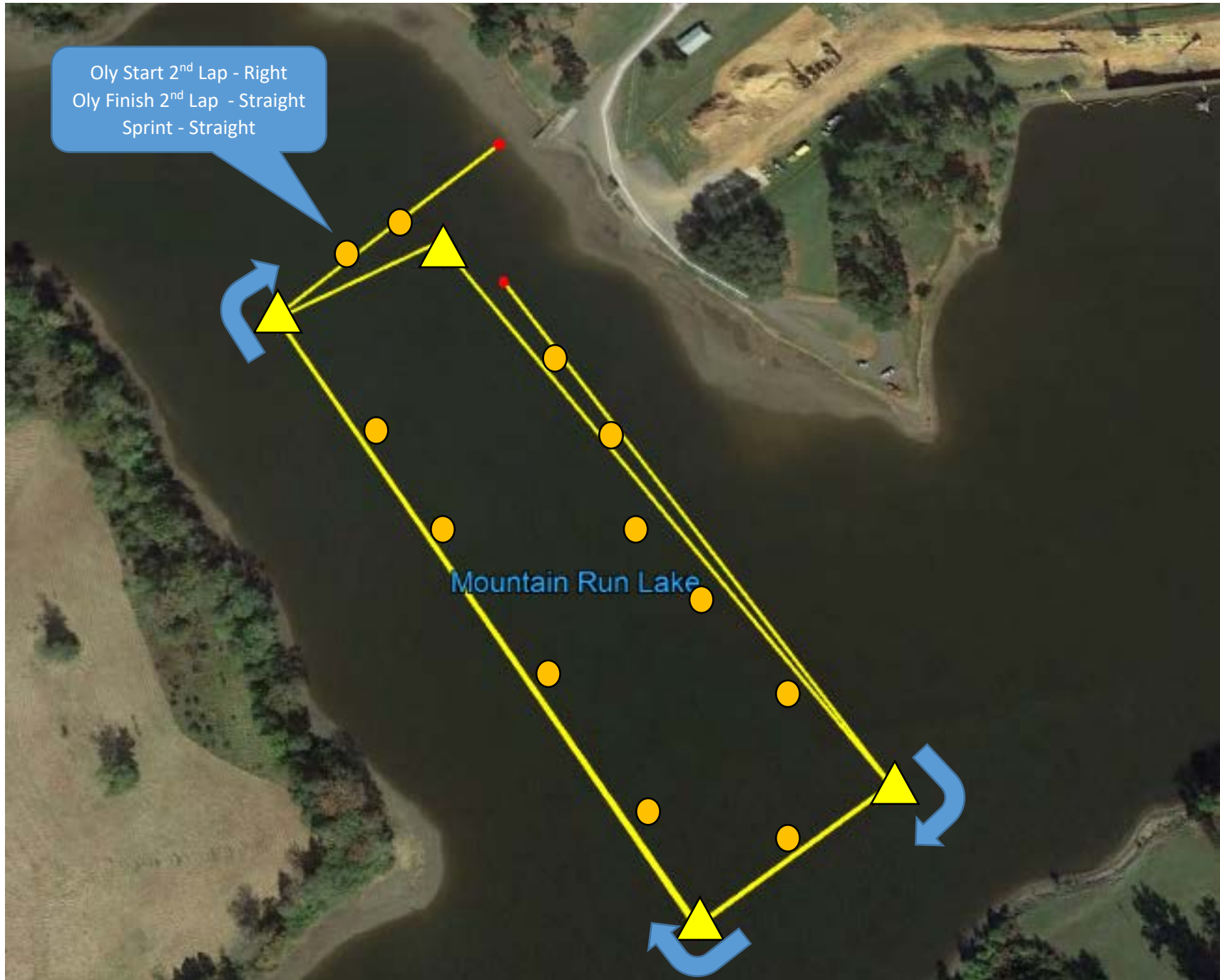




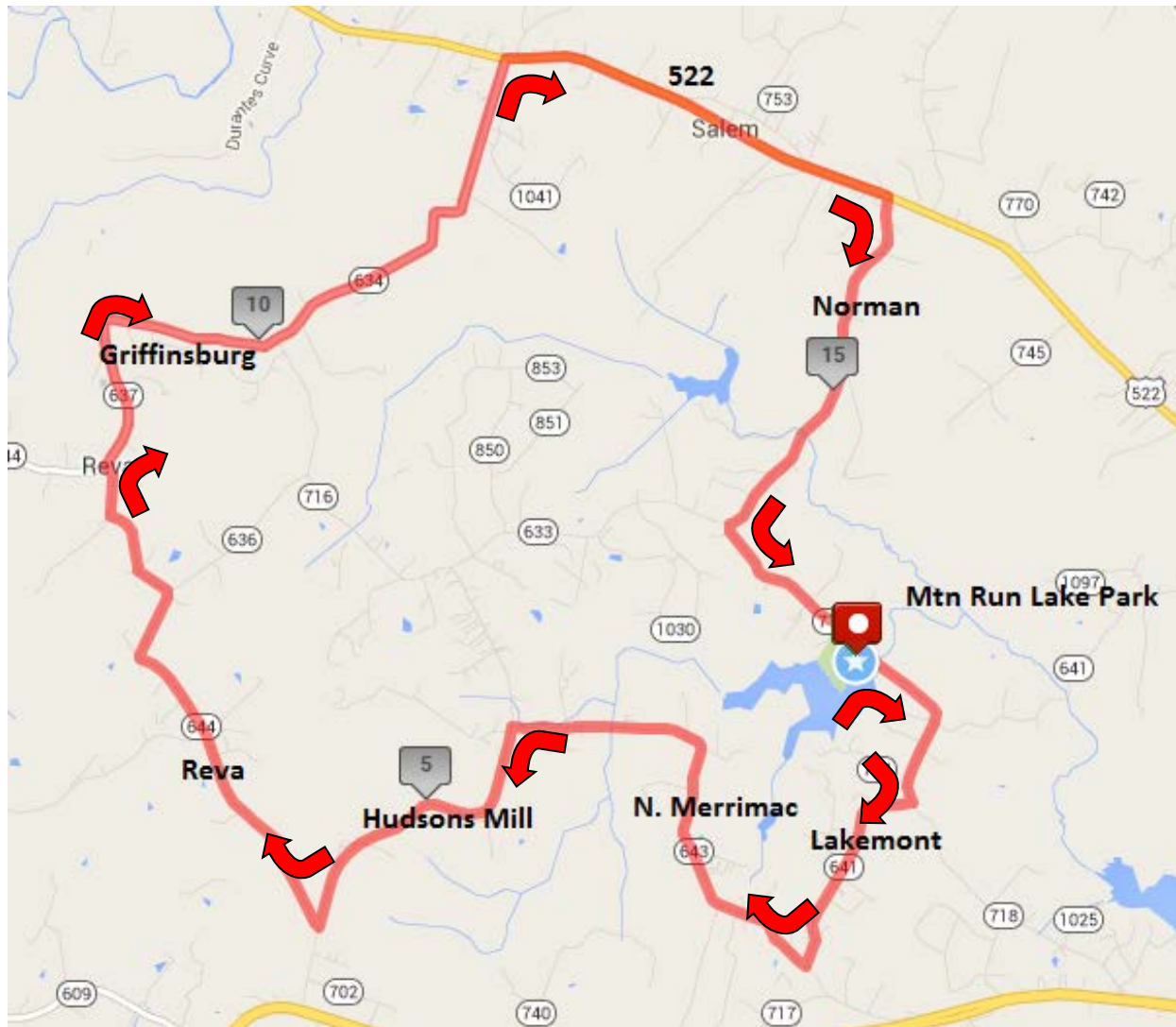
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Oly Start 2<sup>nd</sup> Lap - Right  
Oly Finish 2<sup>nd</sup> Lap - Straight  
Sprint - Straight

Mountain Run Lake

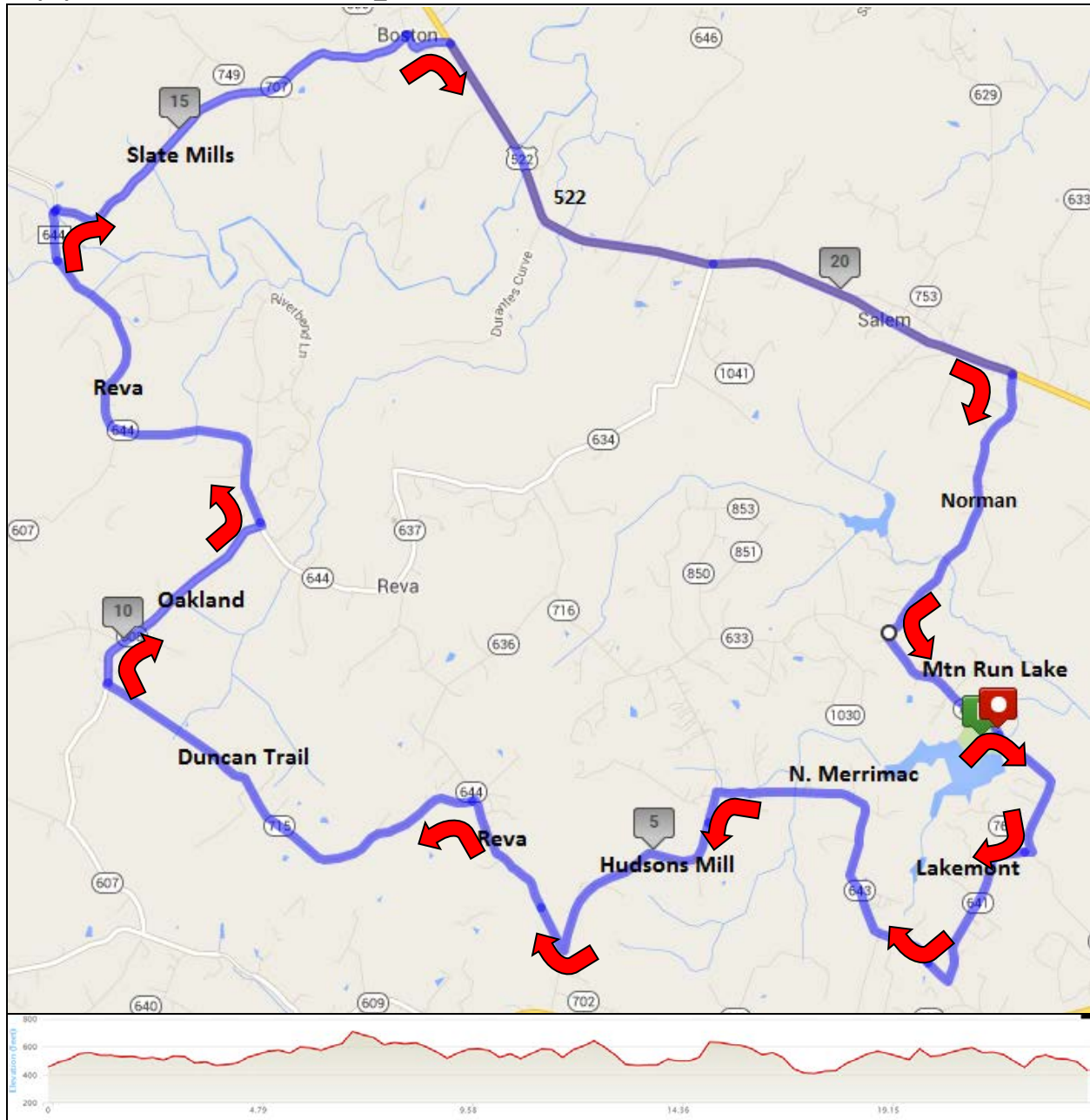
## Culpeper Sprint Bike Course



### Cue Sheet:

- 0.1 – Right out of Park on Mtn Run Lake
- 1.0 – Right on Lakemont
- 2.0 – Right on N. Merrimac
- 4.3 – Left on Hudson's Mill
- 5.9 – Right on Reva
- 6.95 – *Sprint continues straight on Reva***
- 8.5 – Right on Shanktown
- 9.3 – SHARP RIGHT on Griffinsburg
- 14.0 – Right on Norman
- 15.9 – Left on Mtn Run Lake
- 16.8 – Right into Park

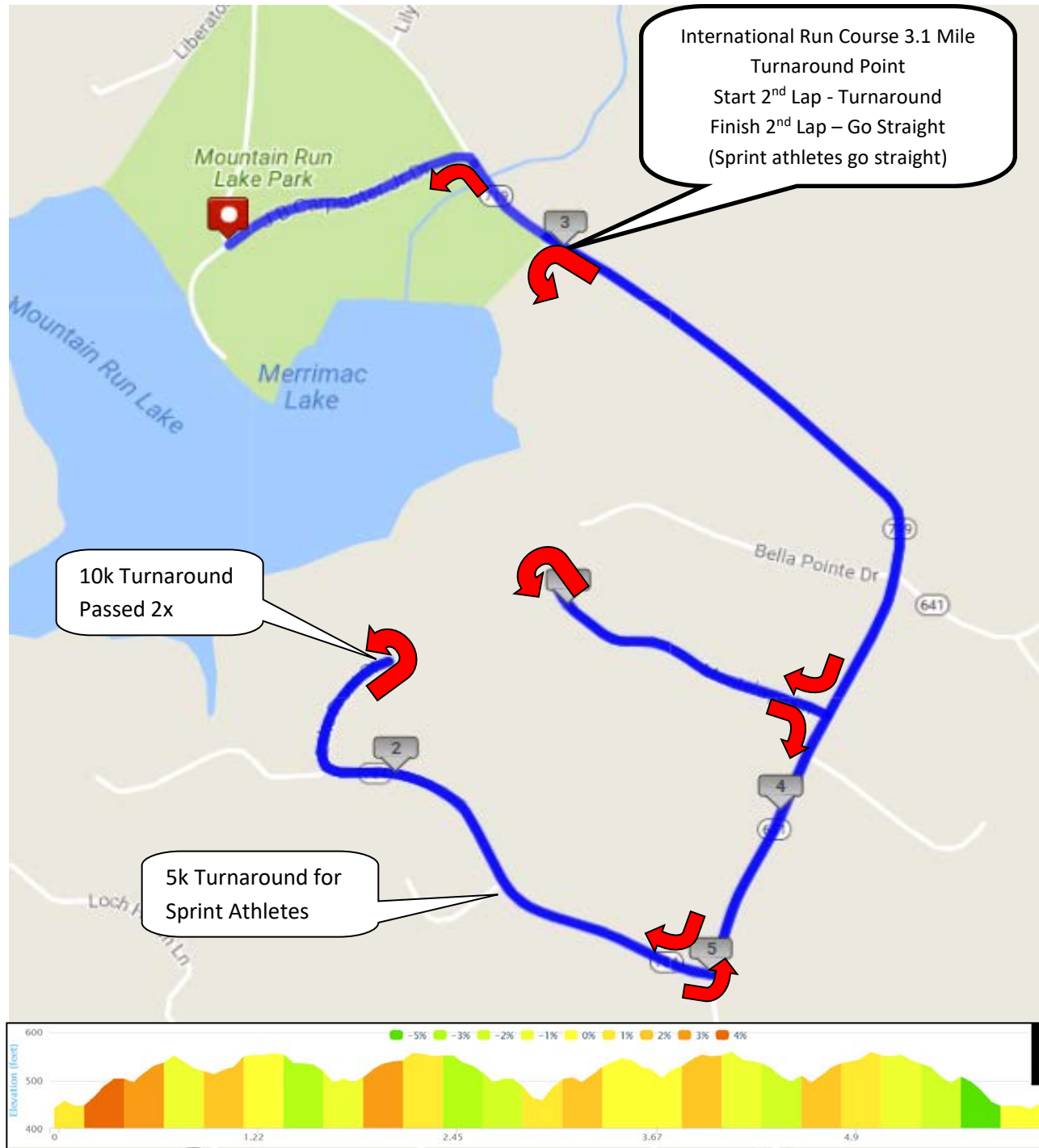
### Culpeper International Bike Course\_24 Miles



0.1 – Right out of Park on Mt. Run Lake	13.7/14.0 – Cross low water bridges (use caution)
1.0 – Right on Lakemont	14.0 – Right on Slate Mills
2.0 – Right on N. Merrimac	16.6 – Sharp right hand turn, use caution.
4.3 – Left on Hudson’s Mill	16.9 – Right on 522
5.9 – Right on Reva	19.0 – Merge with Sprint bikes coming onto 522
<b>6.95 – International turns LEFT on Duncan Trail</b>	21.2 – Right on Norman
9.7 – Right on – Right on Oakland	23.0 – Left on Mt. Run Lake
11.1 – Left on Reva	24.0 – Right into Park



**Culpeper Triathlon Run Course\_3.1 / 6.2 Miles**



**Sprint Run Course:** Athletes follow the course to the Sprint turn around on Mountain Run Lane, then proceed back to the finish line.

**International Run Course:** Athletes follow the course to the International turnaround on Mountain Run Lane, this is further down than the Sprint turnaround. On returning to the park at 3.1 miles, you will turnaround to start your second loop of the course. Once you return to the park you will have run 6.0 miles, veer right across the levee to complete the 6.2 mile course.



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### Detour For Triathlon Sunday August 5, 2018

