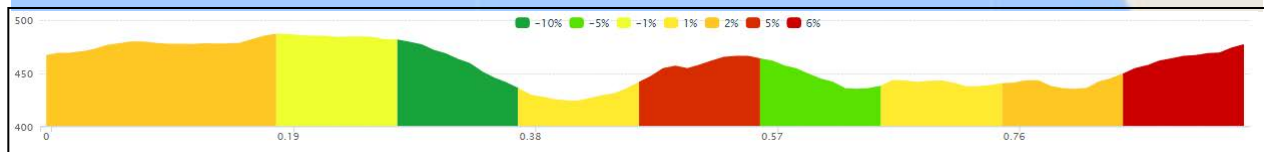


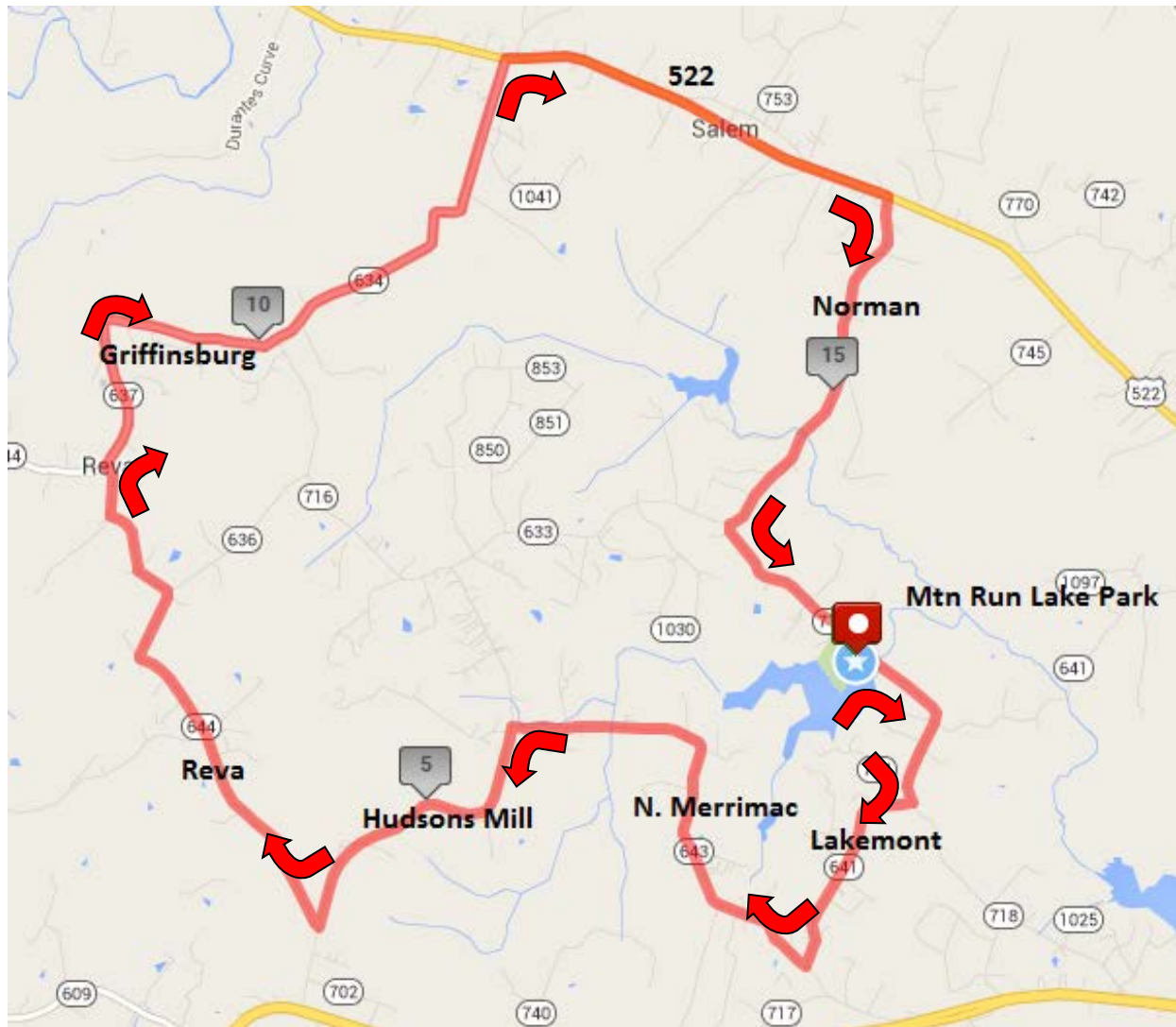


### Culpeper Duathlon Run #1 Course\_1 Mile



**Olympic/Sprint Duathlon Run #1 Course:** Athletes will follow the main park road out and make a right on Mtn Run Lake Road. They will then turn right into the lower entrance and follow the road to the lake. Once on the shoreline athletes will run to the loop at the far end of the lakeside parking area then run back to the transition area. Sprint and Olympic distance athletes will run the same first run course. The Olympic will start at 7:30AM and the Sprint will start at 8:00AM. It will be a mass start for each distance.

## 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

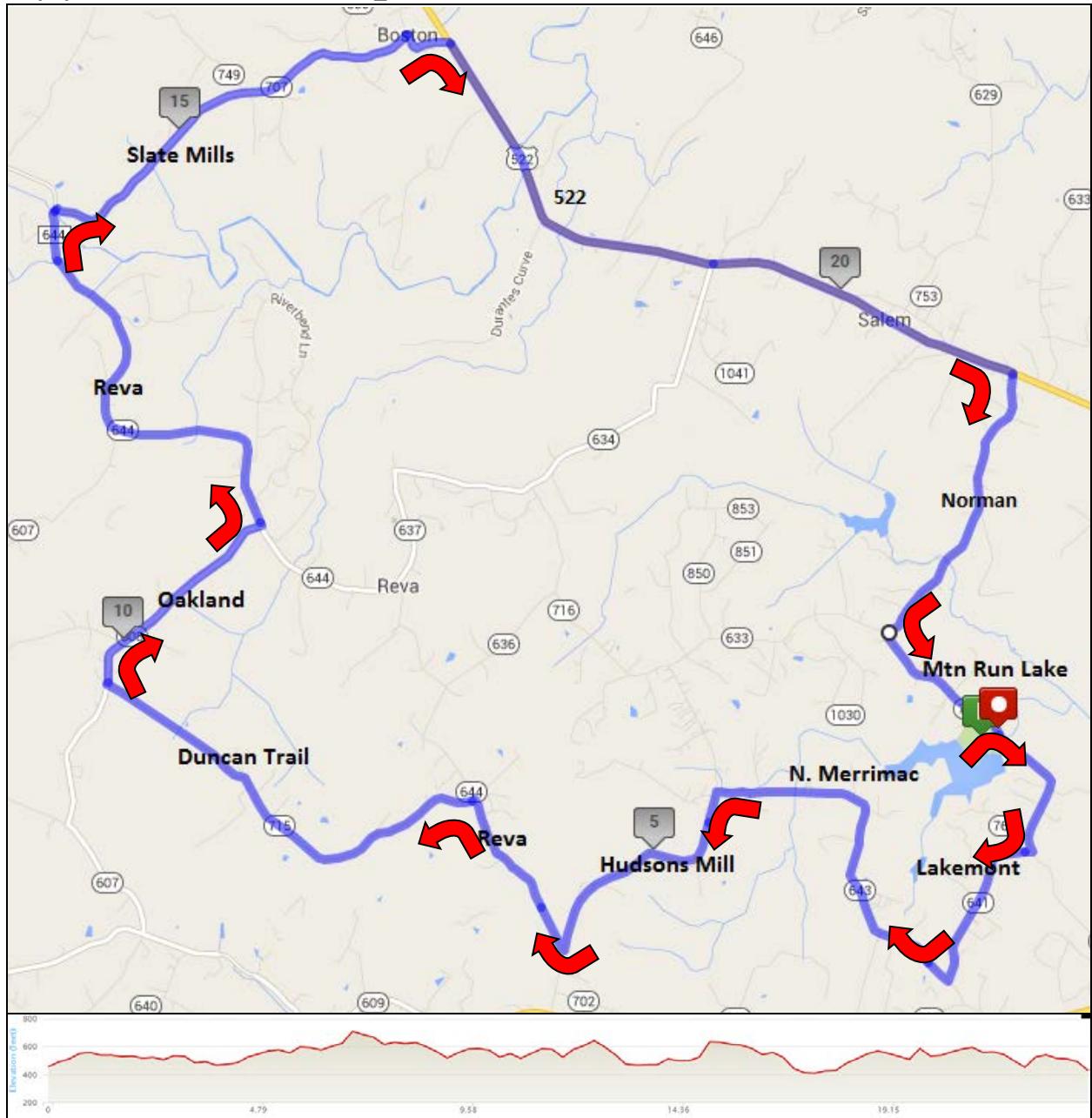
14.0 – Right on Norman

15.9 – Left on Mtn Run Lake

16.8 – Right into Park



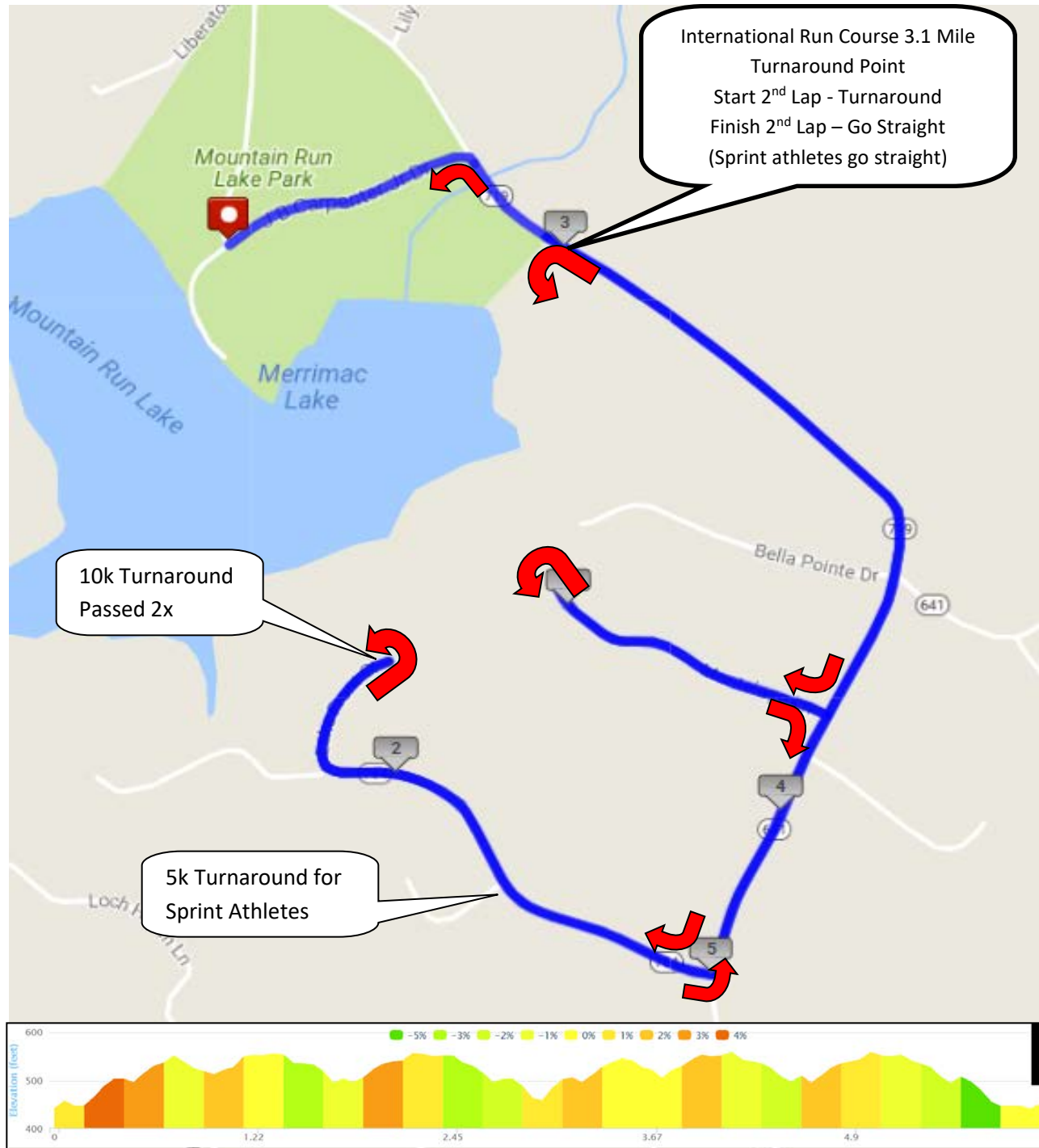
## Culpeper International Bike Course\_24 Miles



0.1 – Right out of Park on 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 – International turns LEFT on Duncan Trail**  
 9.7 – Right on – Right on Oakland  
 11.1 – Left on Reva

13.7/14.0 – Cross low water bridges (use caution)  
 14.0 – Right on Slate Mills  
 16.6 – Sharp right hand turn, use caution.  
 16.9 – Right on 522  
 19.0 – Merge with Sprint bikes coming onto 522  
 21.2 – Right on Norman  
 23.0 – Left on Mtn Run Lake  
 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.

### Detour For Triathlon Sunday August 5, 2018

