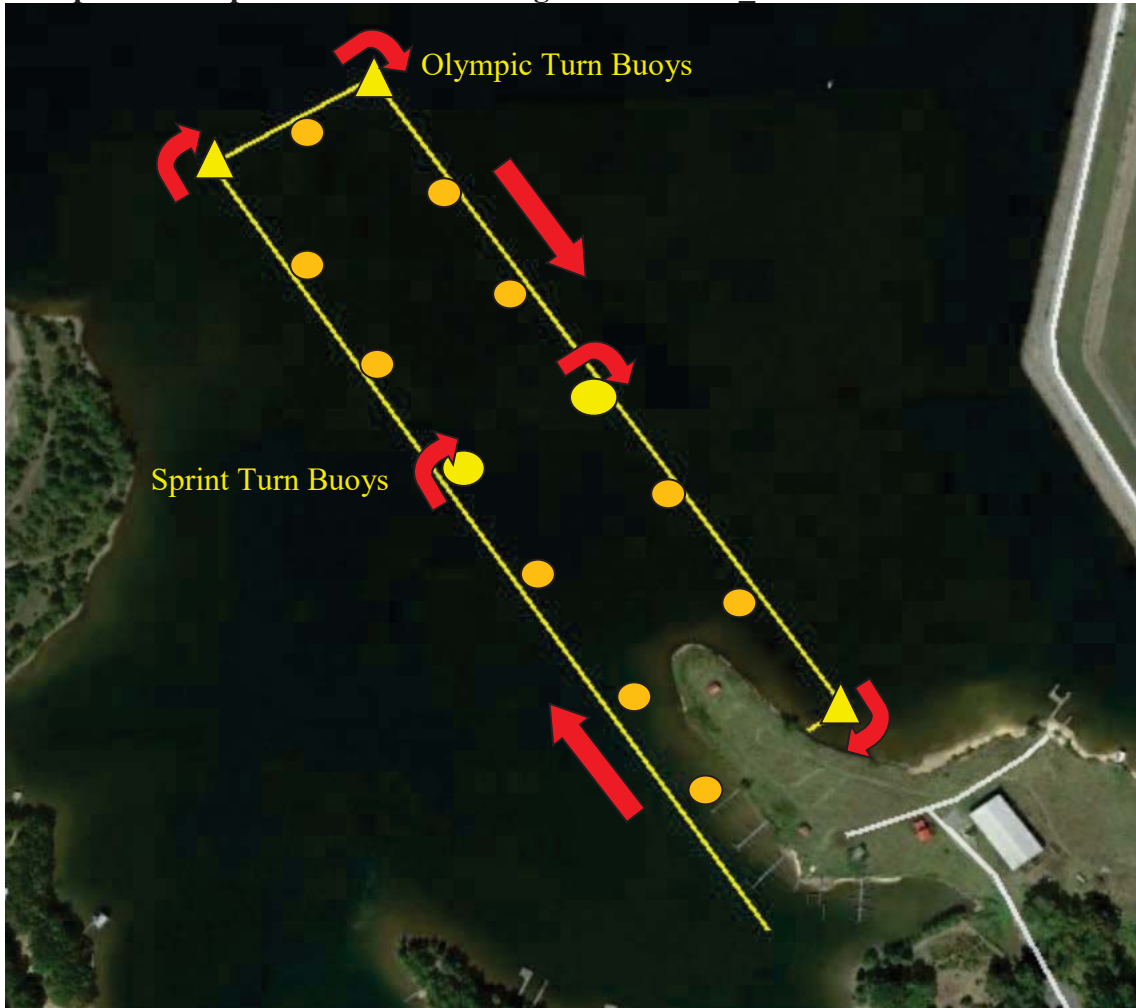
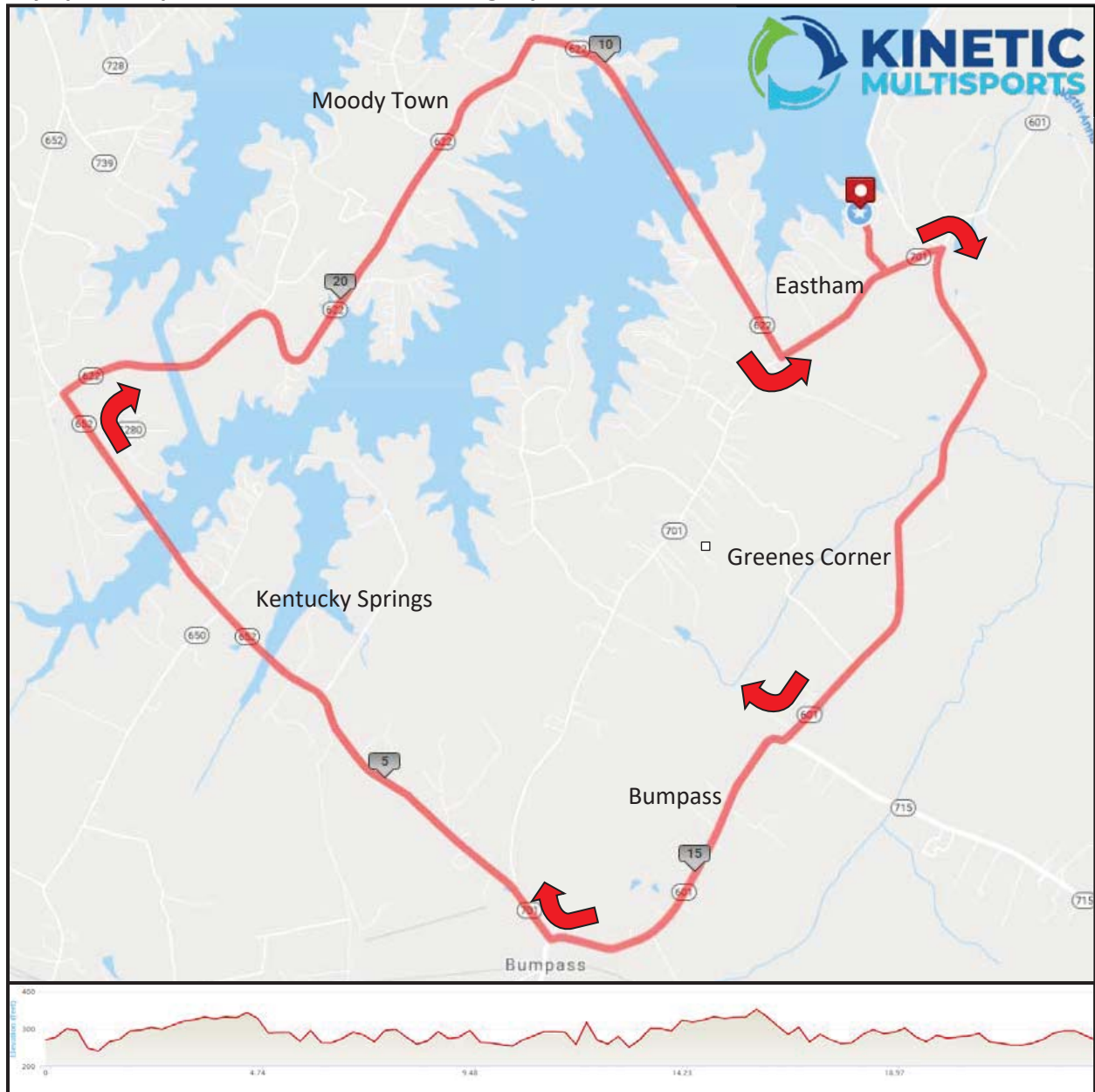


**Rumpus in Bumpass/Pleasants Landing Swim Course 1500/750 Meters**



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



**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 2<sup>nd</sup> 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 /Pleasants Landing Bike Course Cue Sheet*

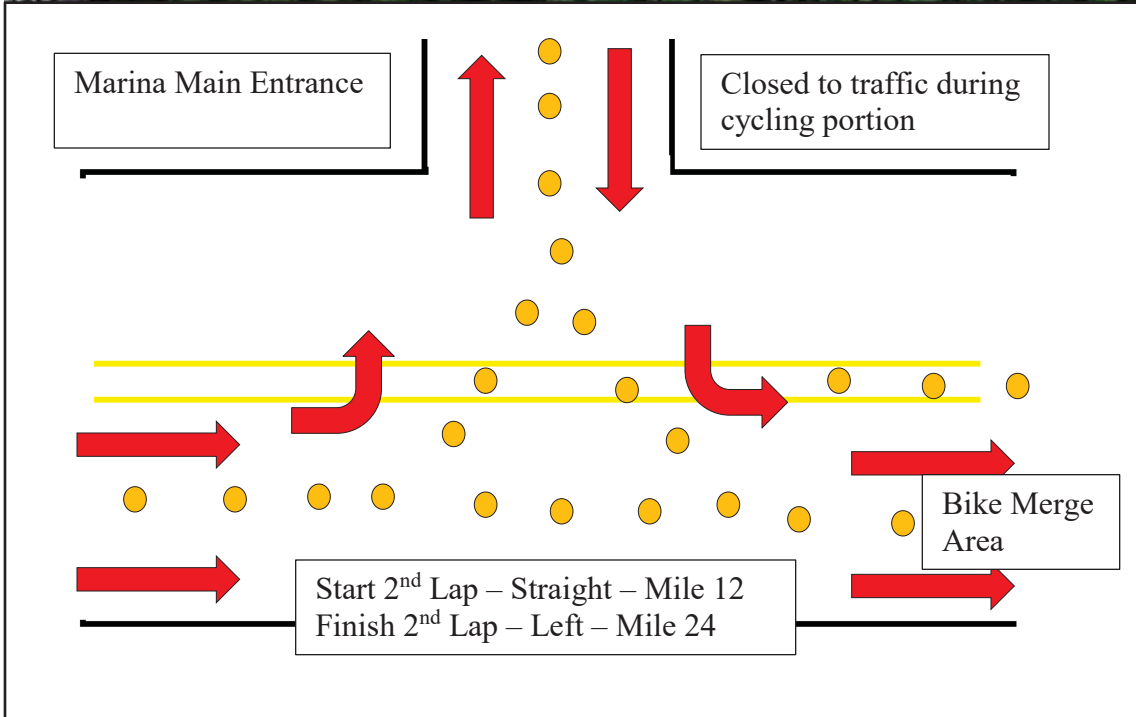
**Olympic Bike Course – 2 Loops – 24 Miles**

<b>Mileage</b>	<b>Turn</b>
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) ( <b><i>SHARP RIGHT TURN!!!</i></b> )
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	<b><i>Go straight past Pleasants Landing (Marina Entrance) to Start 2<sup>nd</sup> Lap</i></b>
12.2	Turn Right on Greenes Corner (601) ( <b><i>SHARP RIGHT TURN!!!</i></b> )
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	<b><i>Turn left on Pleasants Landing to Finish 2<sup>nd</sup> Lap</i></b>
23.9	Finish Bike Course - Dismount

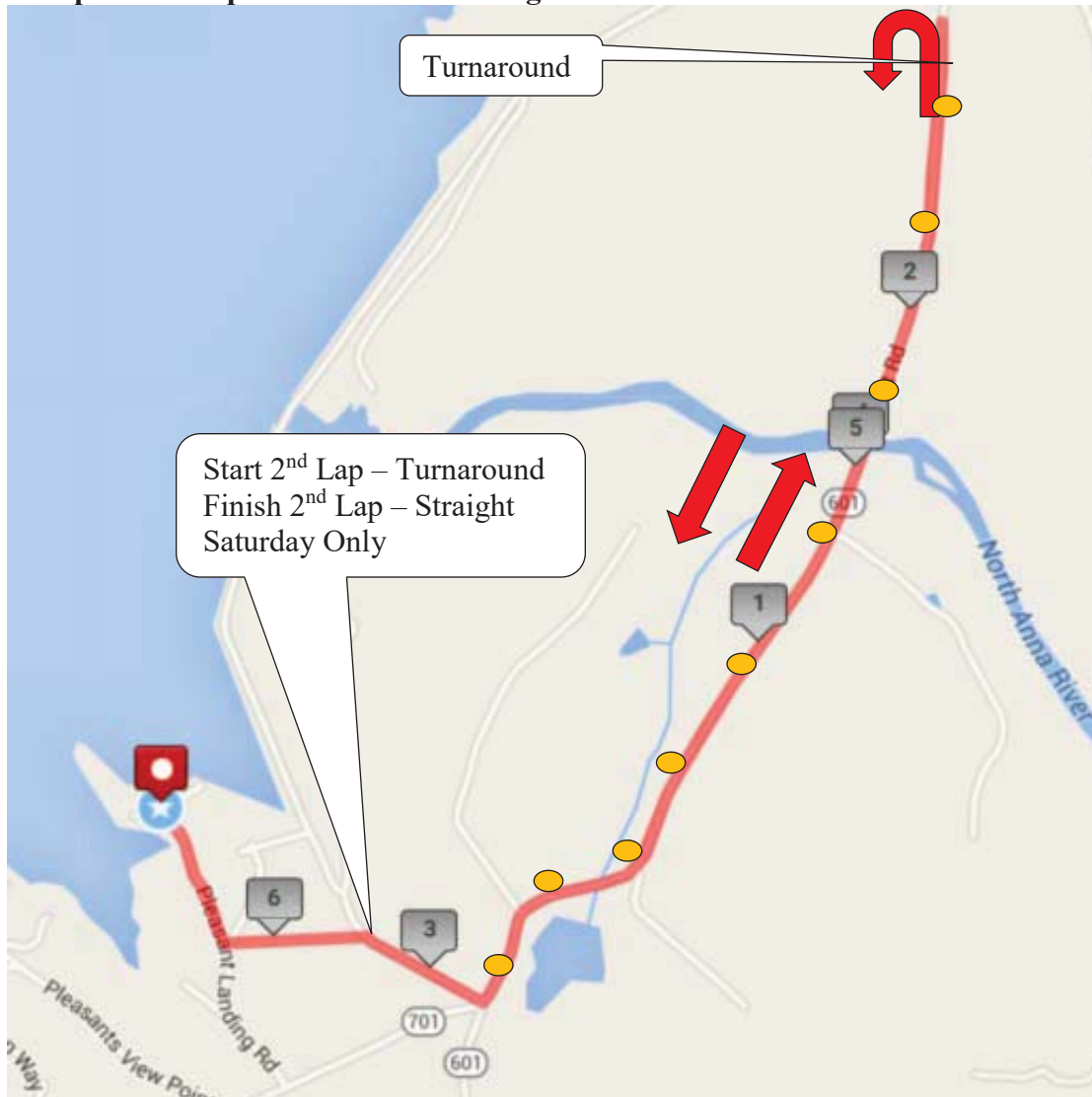
**Sprint Bike Course – 1 Loop – 12 Miles**

<b>Mileage</b>	<b>Turn</b>
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) ( <b><i>SHARP RIGHT TURN!!!</i></b> )
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**

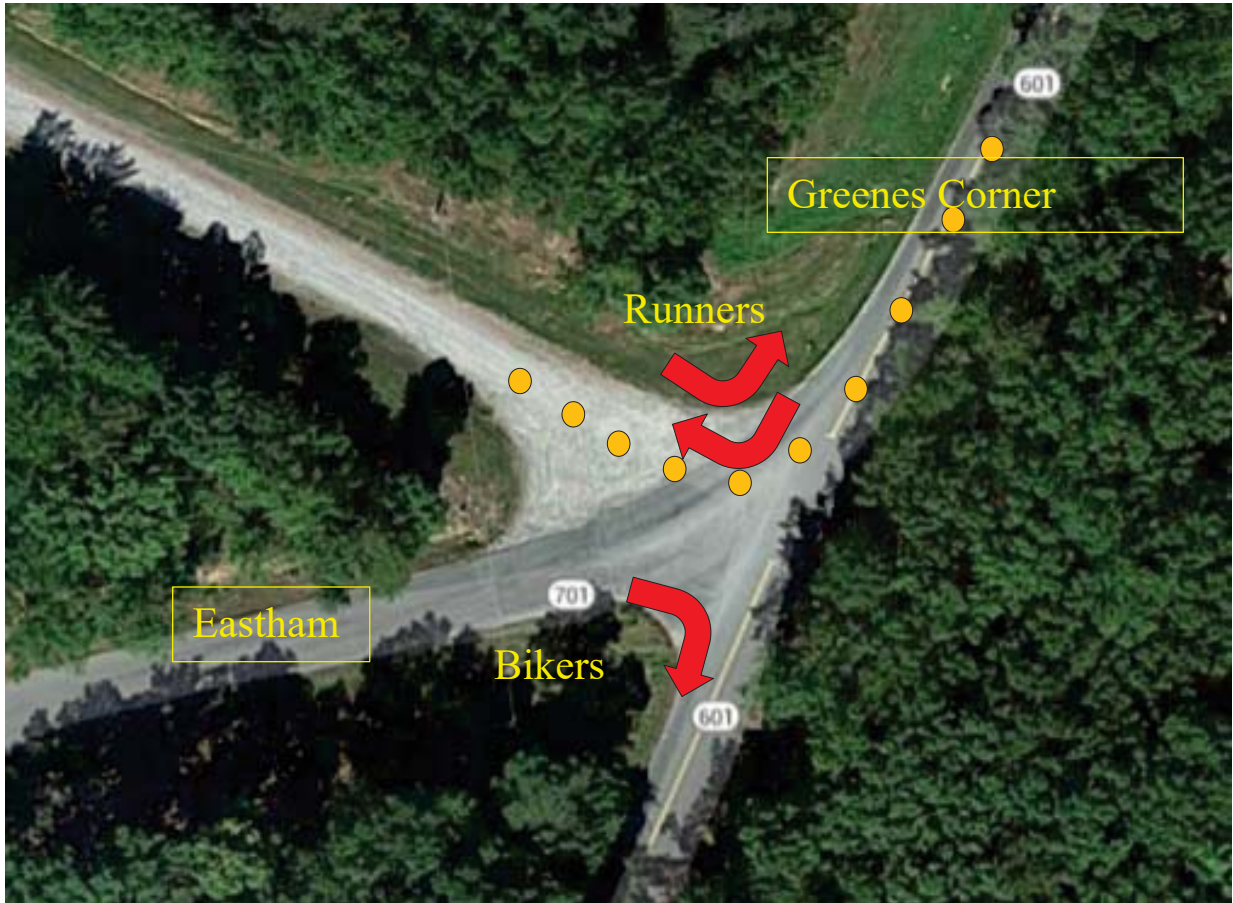


**Rumpas in Bumpass/Pleasants Landing Run Course: 6.2 or 3.1 Miles**



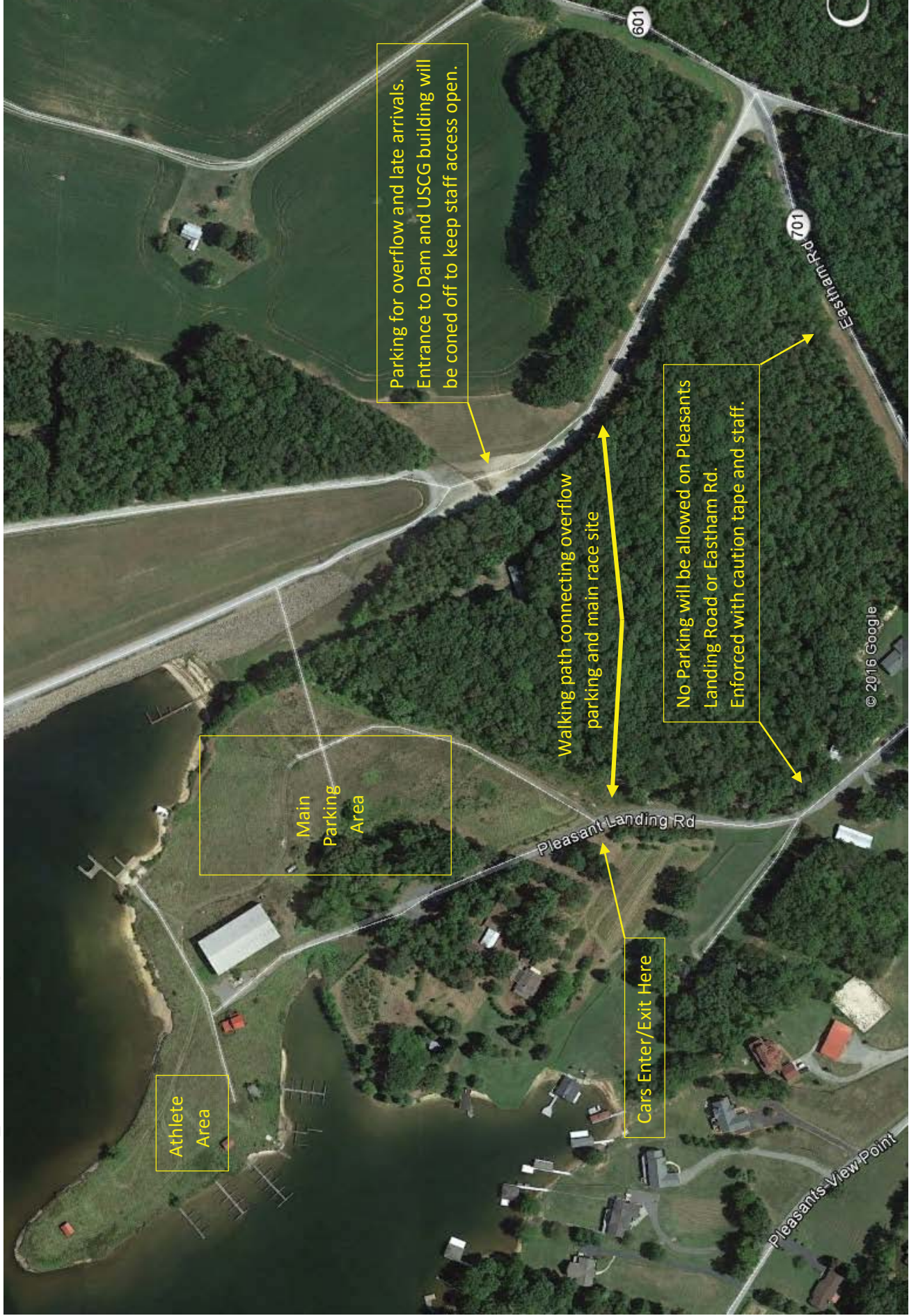
**Description:** The run course starts and finishes at Pleasants Landing Marina. The run goes through the woods onto the gravel access road to the dam. It then intersects 601 where a lane will be coned off for the runners for approximately 1 mile. A motorcycle will act as a pilot vehicle for alternating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



Triathlon Site Layout\_ Pleasants Landing Marina

