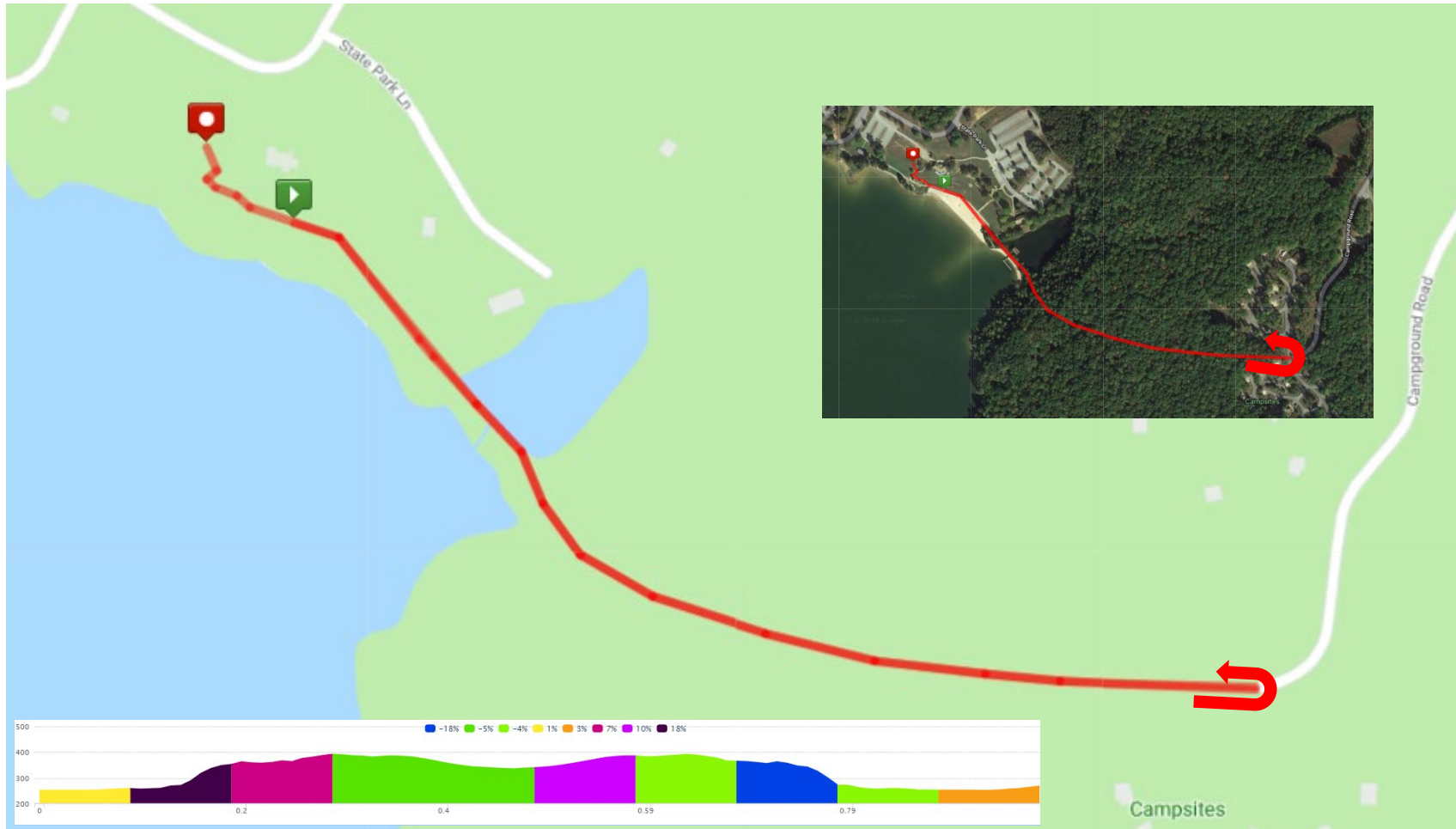


Duathlon Run #1 Course Map – 1 Mile – Lake Anna State Park



The Sprint/Olympic Duathlon is a 1 mile, out and back route, on the last ½ mile of the Kinetic/Giant Acorn Run Course. Duathletes will start between the Finish Line and the Beach, hit the turnaround point, reverse course and enter transition under the SWIM IN tent.

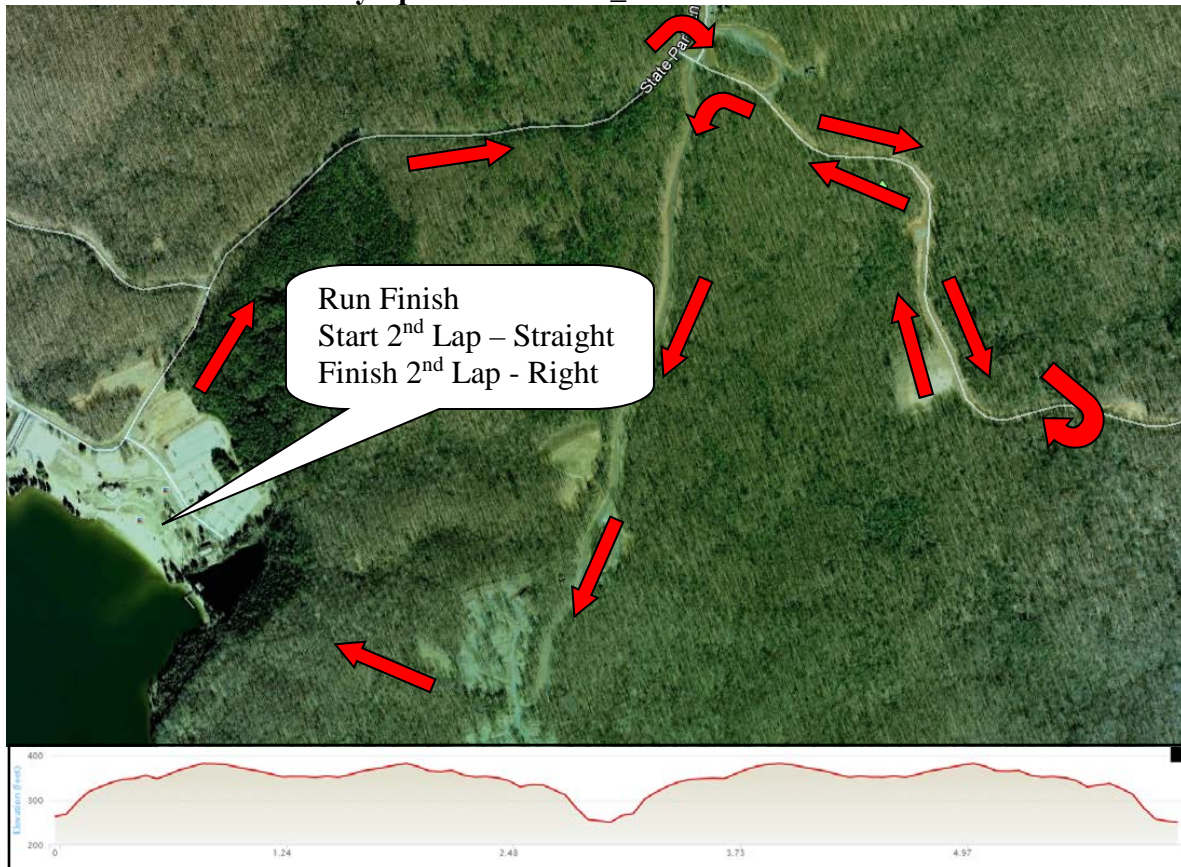




Giant Acorn Triathlon Olympic Bike Course Cue Sheet

Mileage	Notes
0.0	Mount bike after line and proceed to park entrance
2.6	Turn Left on Lawyers Road
4.8	Turn Right on Lawyers Road
8.9	Turn Left on Tatum Road
14.5	Turn Left on Orange Springs Road
17.8	Turn Right on Belmont
18.2	Turn Left on Jones Powell
20.8	Watch for Half athletes merging back into course
22.0	Turn Right back into park
24.6	Dismount bike before the line, run bike to transition area

Giant Acorn Triathlon Olympic Run Course_6.2 Miles



Course Notes: This course is all inside the state park on paved roads and jogging paths. The International course is 2 loops of the Sprint course. There is a good uphill coming out of transition and a good downhill coming down to the finish line. As you start the 2nd lap you will run past the finish line, you are at the 5K point. Do another lap and as you finish your second lap you will turn Right into the finish line. There will be water at least every mile. Be swift!