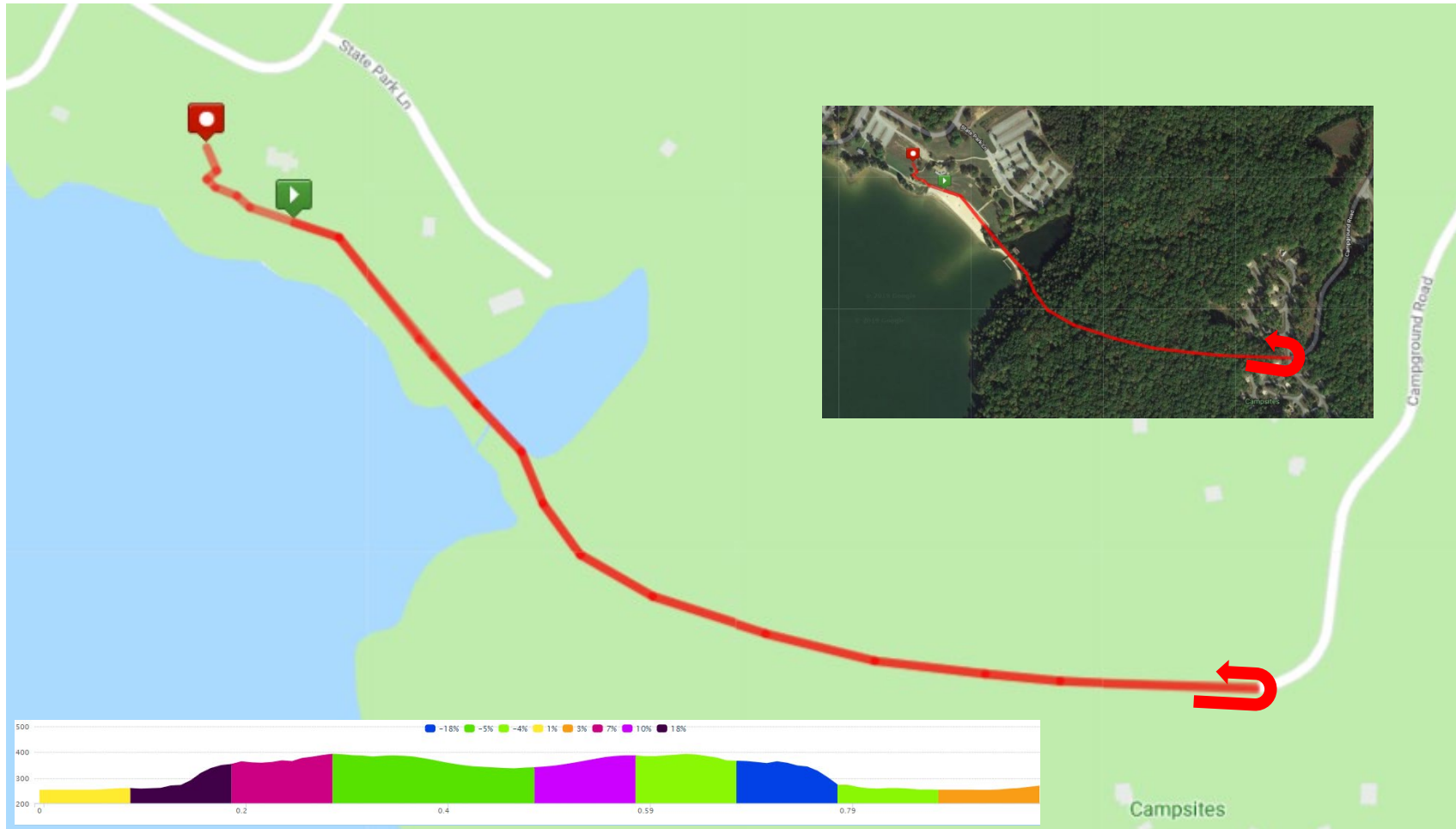


Duathlon Run #1 Course Map – 1 Mile – Lake Anna State Park



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.

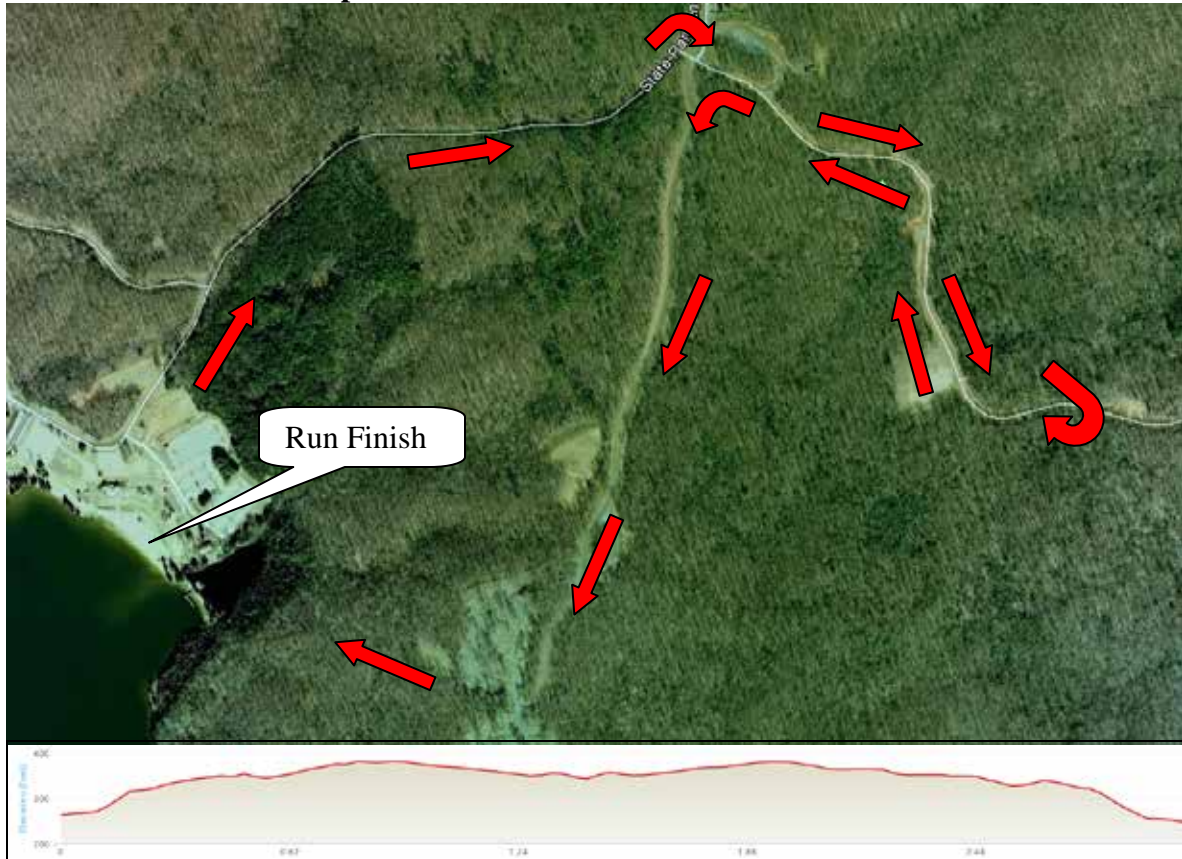


Giant Acorn Triathlon Sprint Bike Course_15.5 Miles



Course Notes: This course is open to traffic, please ride to the right as much as possible. There will be police officers at key intersections and volunteers at all turns. It is your responsibility to know the course. USAT bike course rules will be enforced.

Giant Acorn Triathlon Sprint Run Course_3.1 Miles



Course Notes: This course is all inside the state park on paved roads and jogging paths. The sprint course is 1 loop. There is a good uphill coming out of transition and a good downhill coming down to the finish line. There will be water at least every mile. Be swift!

Giant Acorn Triathlon Site Layout_Lake Anna State Park

