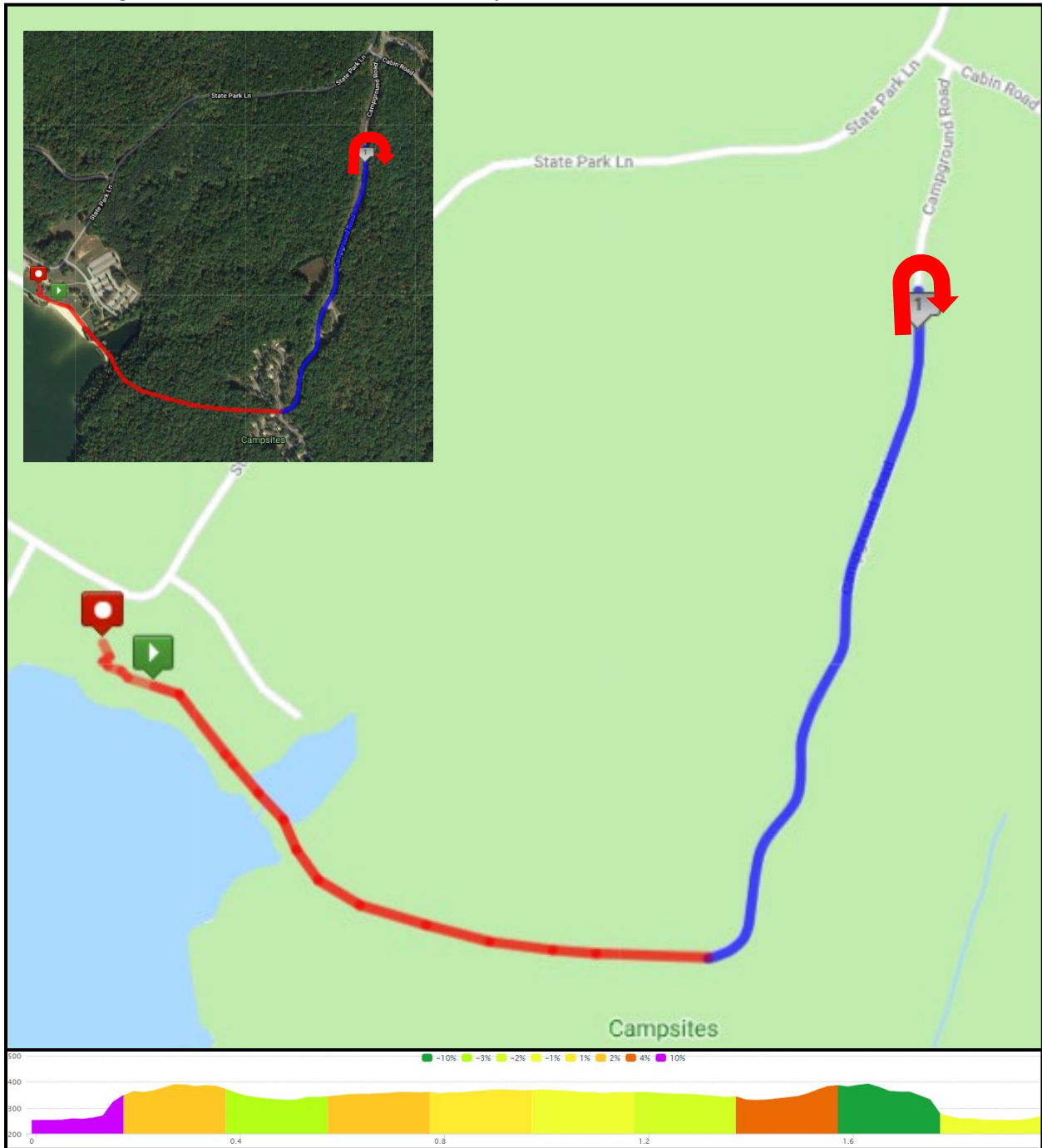


## Kinetic Long Course Duathlon Run #1 Course Map – 2 Mile – Lake Anna State Park



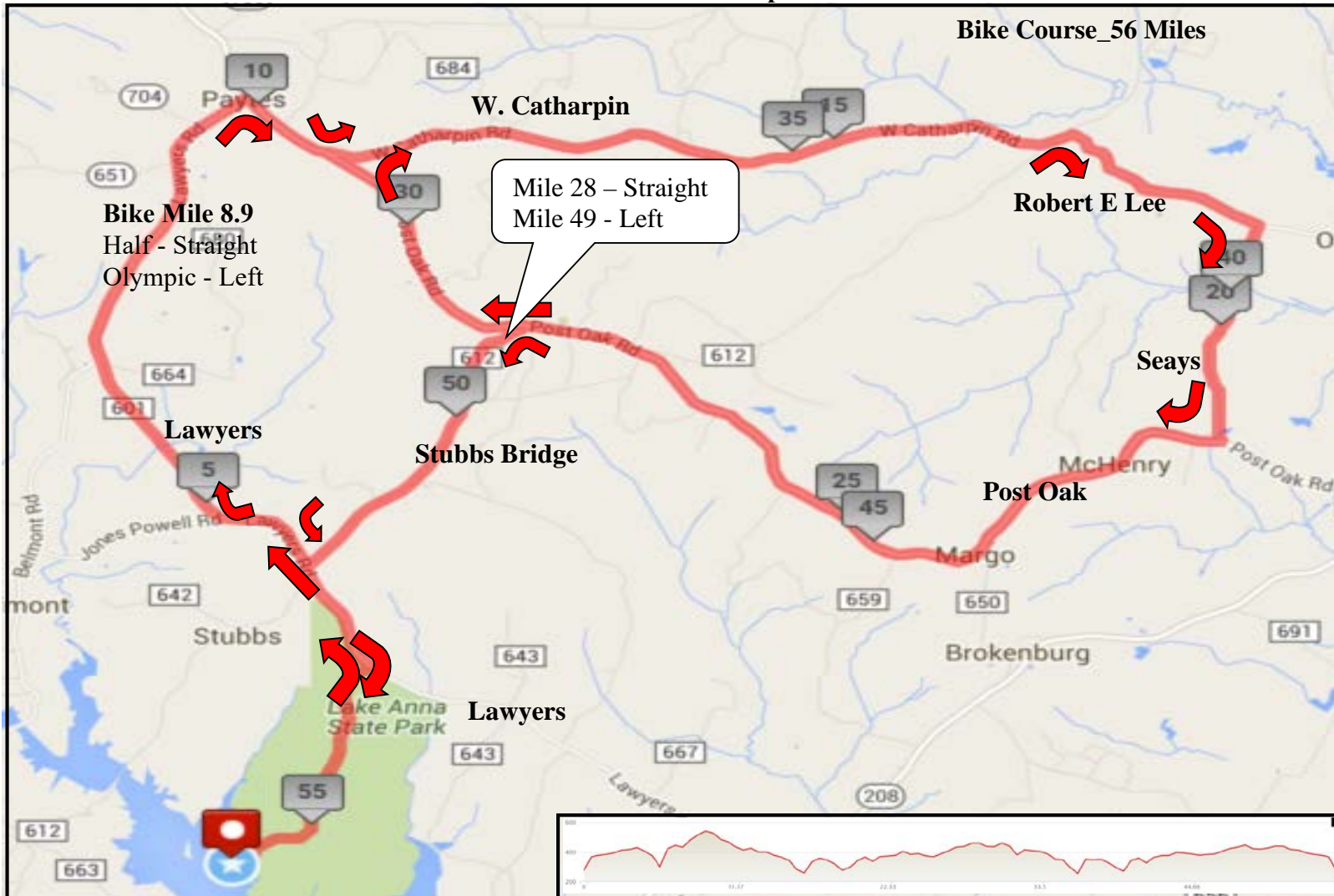
The Kinetic Long Course Duathlon is 2 mile, out and back route, on the last mile of the Kinetic Run Course. Duathletes will start between the Finish Line and the Beach, hit the turnaround point, reverse course and enter transition under the SWIM IN tent.





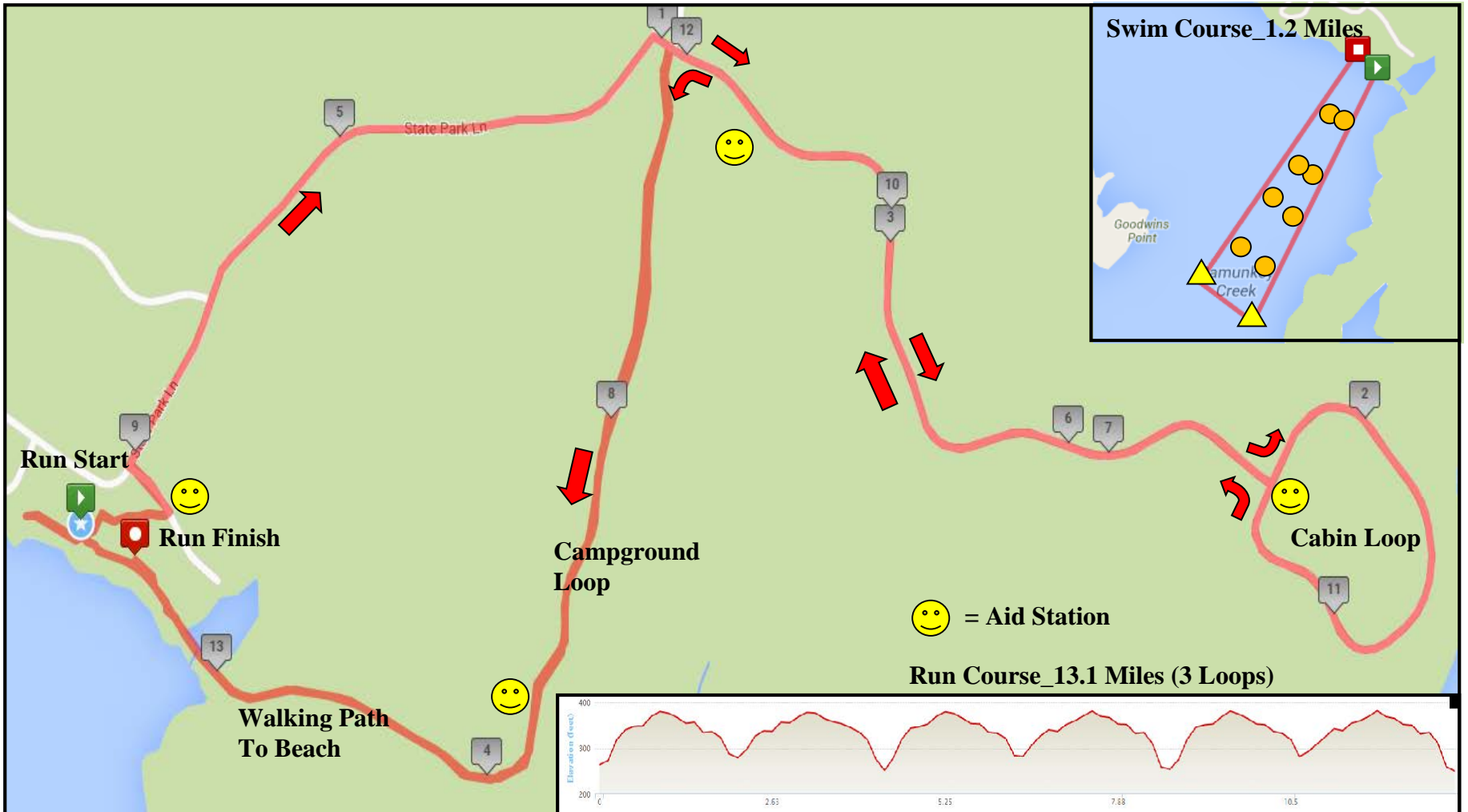
# KINETIC MULTISPORTS

### Kinetic Half Course Maps





**KINETIC**  
MULTISPORTS





## Kinetic Half Bike Course Cue Sheet

<b>Mile</b>	<b>Note</b>
0.0	Pass Mount Line <i>in easy gear</i> for uphill start
2.7	Left on Lawyers Rd (Rt. 601) (Exit Lake Anna State Park)
4.9	Right on Lawyers Rd (Rt. 601)
9.9	Right on W. Catharpin (Rt. 608)
10.8	Left on W. Catharpin (Rt. 608)
<b>15.0</b>	<b><i>Aid Station</i></b>
17.0	Right on Robert E. Lee (Rt. 608)
18.9	Right on Seays Rd (Rt. 649)
21.3	Right on Post Oak (Rt. 606)
<b>26.0</b>	<b><i>Aid Station</i></b>
28.5	Straight on Post Oak, <i>Start 2<sup>nd</sup> Lap!!!</i>
31.0	Right on W. Catharpin (Rt. 608)
<b>35.0</b>	<b><i>Aid Station</i></b>
37.4	Right on Robert E. Lee (Rt. 608)
39.3	Right on Seays (Rt. 649)
41.6	Right on Post Oak (Rt. 606)
<b>46.0</b>	<b><i>Aid Station</i></b>
48.0	Left on Stubbs Bridge Rd (Rt. 612), <i>Finish 2<sup>nd</sup> Lap!!!</i>
52.0	Left on Lawyers Rd (Rt. 601)
53.3	Right on State Park Rd (Entrance to Lake Anna State Park)
55.9	Dismount Bike ( <i>Caution: Sharp right downhill approach to dismount line!</i> )