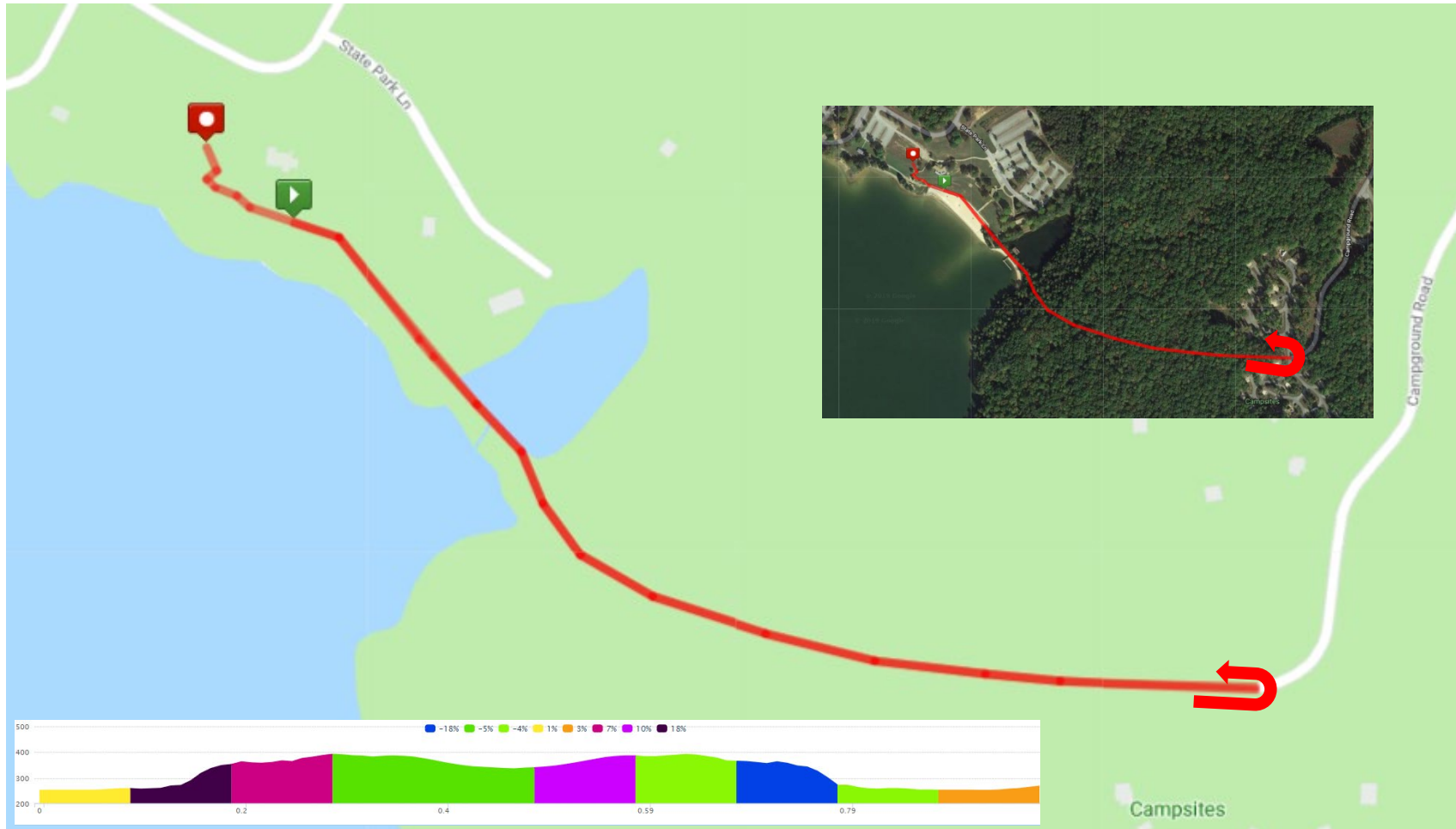


Duathlon Run #1 Course Map – 1 Mile – Lake Anna State Park

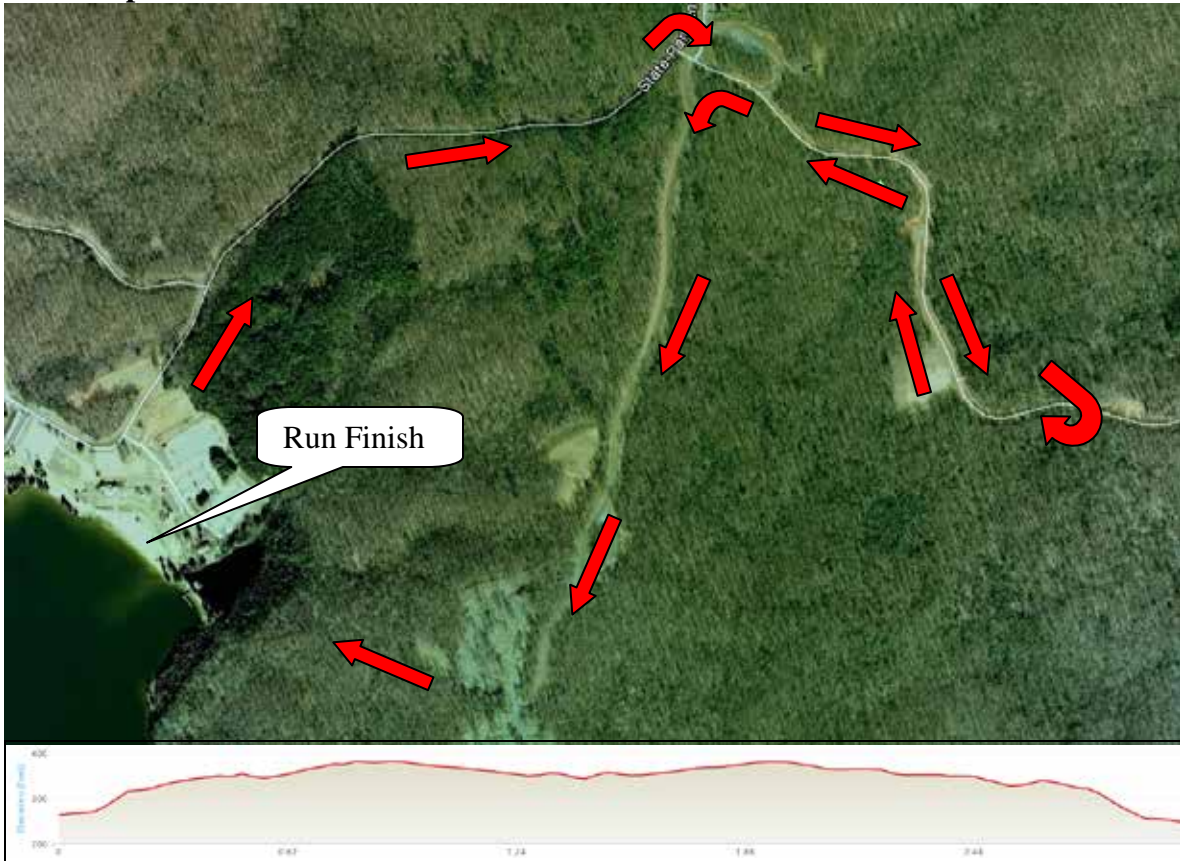


The Sprint/Olympic Duathlon is a 1 mile, out and back route, on the last ½ mile of the Kinetic/Giant Acorn Run Course. Duathletes will start between the Finish Line and the Beach, hit the turnaround point, reverse course and enter transition under the SWIM IN tent.





Kinetic 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!

Kinetic Site Layout_Lake Anna State Park

