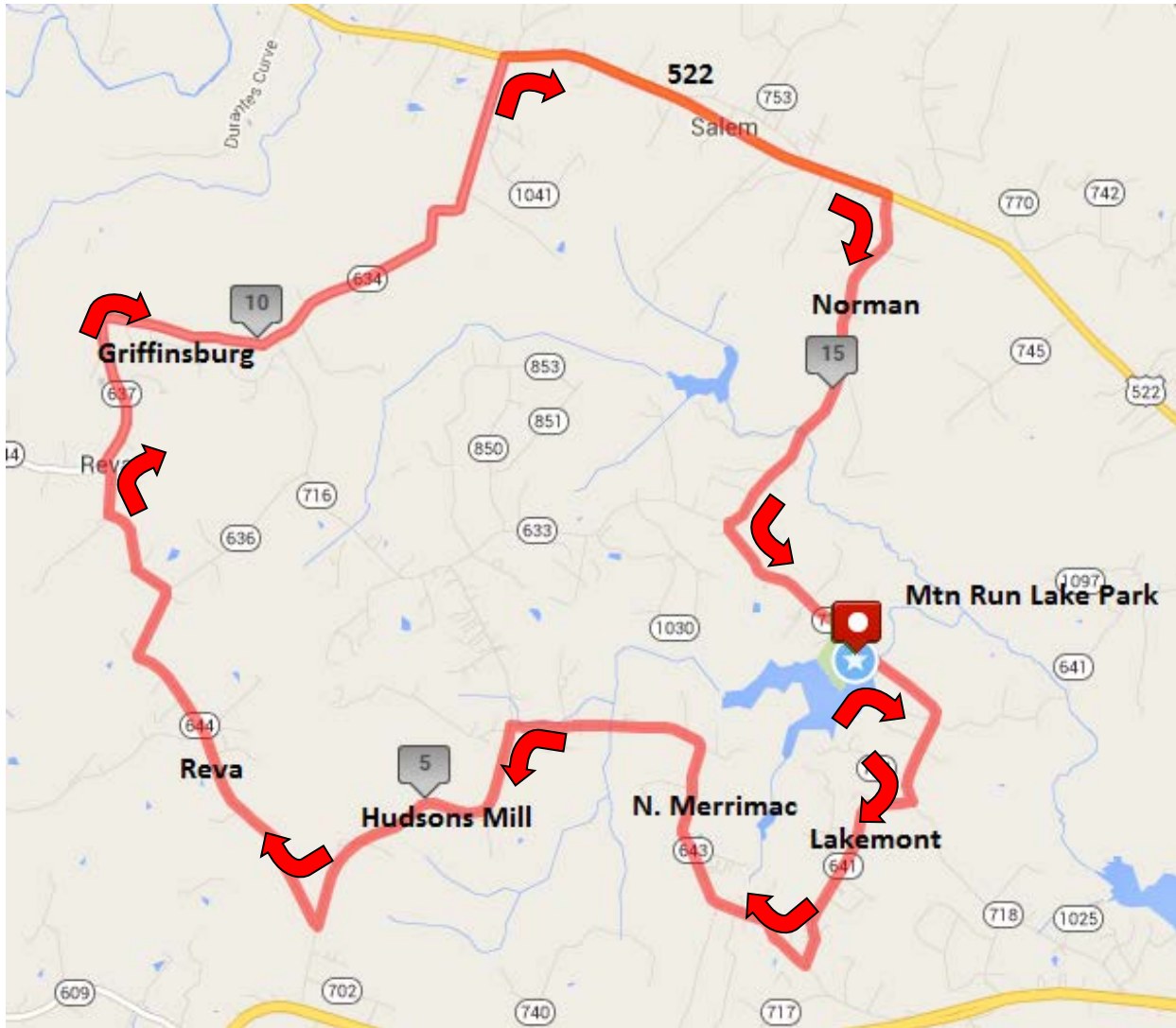


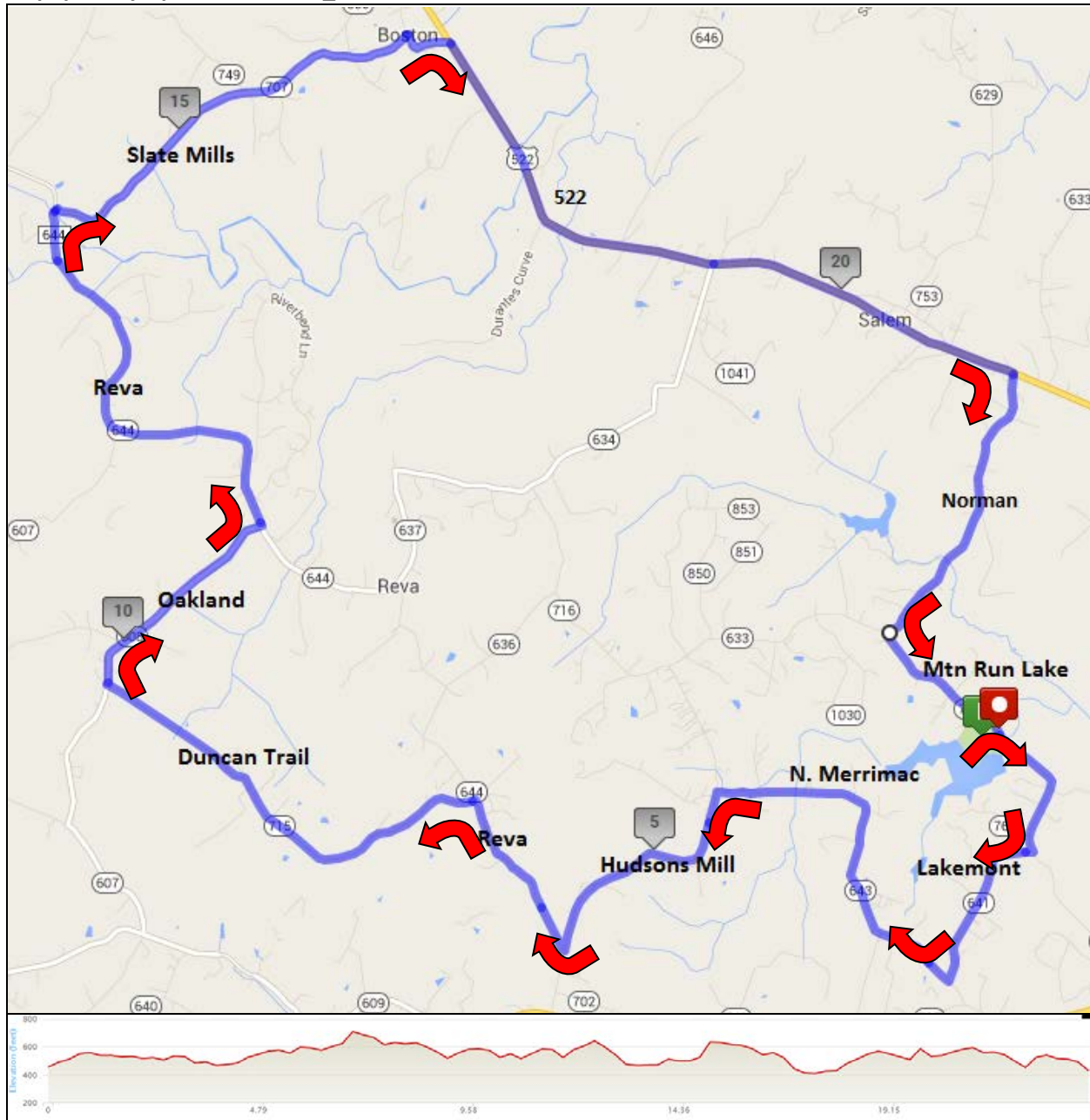
Culpeper Sprint Bike Course



Cue Sheet:

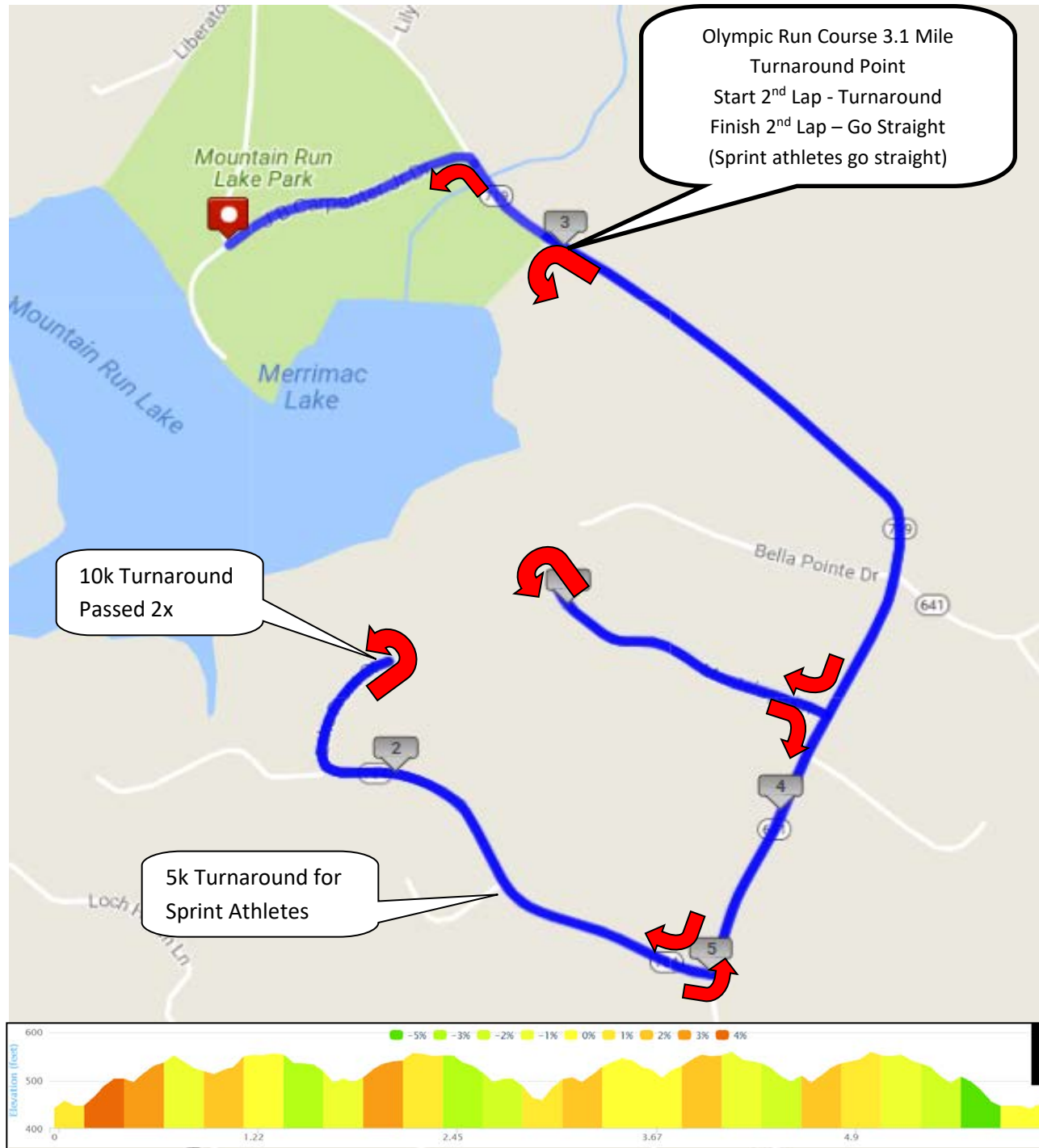
- 0.1 – Right out of Park on Mtn Run Lake
- 1.0 – Right on Lakemont
- 2.0 – Right on N. Merrimac
- 4.3 – Left on Hudson's Mill
- 5.9 – Right on Reva
- 6.95 – *Sprint continues straight on Reva***
- 8.5 – Right on Shanktown
- 9.3 – SHARP RIGHT on Griffinsburg
- 14.0 – Right on Norman
- 15.9 – Left on Mtn Run Lake
- 16.8 – Right into Park

Culpeper Olympic Bike Course_24 Miles



<p>0.1 – Right out of Park on Mtn Run Lake</p> <p>1.0 – Right on Lakemont</p> <p>2.0 – Right on N. Merrimac</p> <p>4.3 – Left on Hudson’s Mill</p> <p>5.9 – Right on Reva</p> <p>6.95 – Olympic turns LEFT on Duncan Trail</p> <p>– Right on – Right on Oakland</p> <p>11.1 – Left on Reva</p>	<p>13.7/14.0 – Cross low water bridges (use caution)</p> <p>14.0 – Right on Slate Mills</p> <p>16.6 – Sharp right hand turn, use caution.</p> <p>16.9 – Right on 522</p> <p>19.0 – Merge with Sprint bikes coming onto 522</p> <p>21.2 – Right on Norman</p> <p>23.0 – Left on Mtn Run Lake</p> <p>24.0 – Right into Park</p>
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Culpeper Triathlon Run Course_3.1 / 6.2 Miles



Sprint Run Course: Athletes follow the course to the Sprint turn around on Mountain Run Lane, then proceed back to the finish line.

Olympic Run Course: Athletes follow the course to the Olympic turnaround on Mountain Run Lane, this is further down than the Sprint turnaround. On returning to the park at 3.1 miles, you will turnaround to start your second loop of the course. Once you return to the park you will have run 6.0 miles, veer right across the levee to complete the 6.2 mile course.



Detour For Triathlon Sunday August 5, 2018

