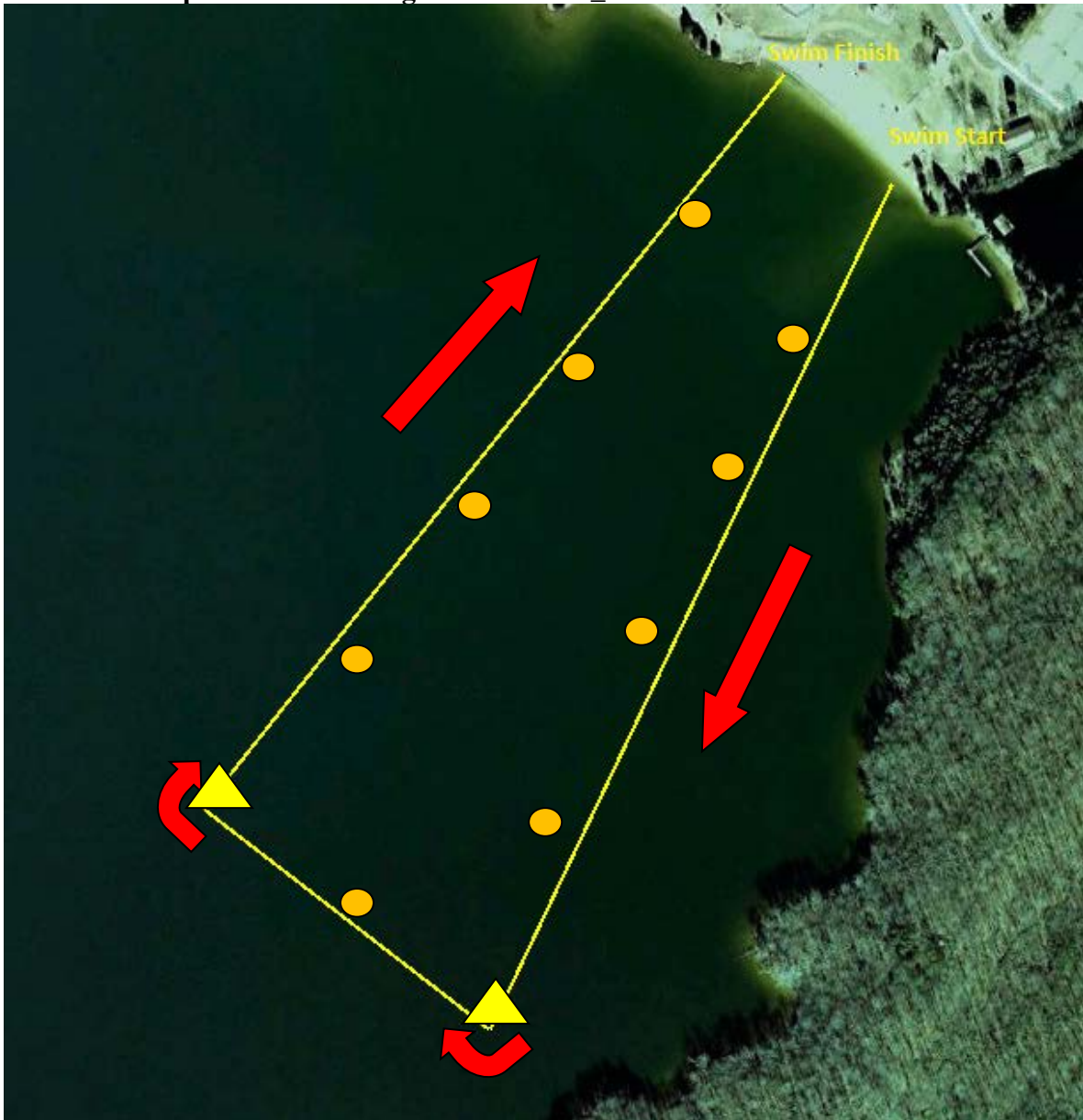
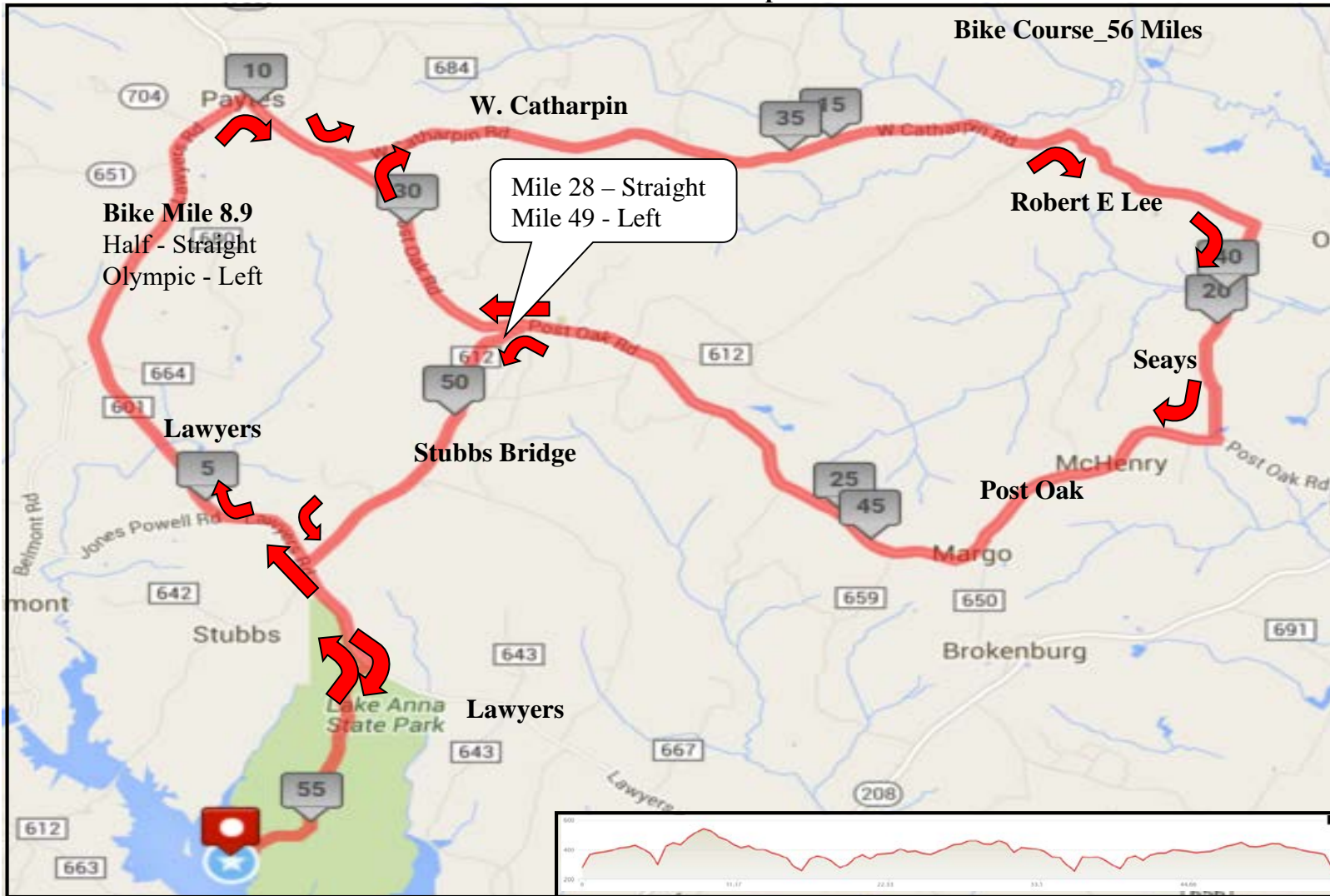




Kinetic Multisport Festival Long Course Swim_1.2 Miles



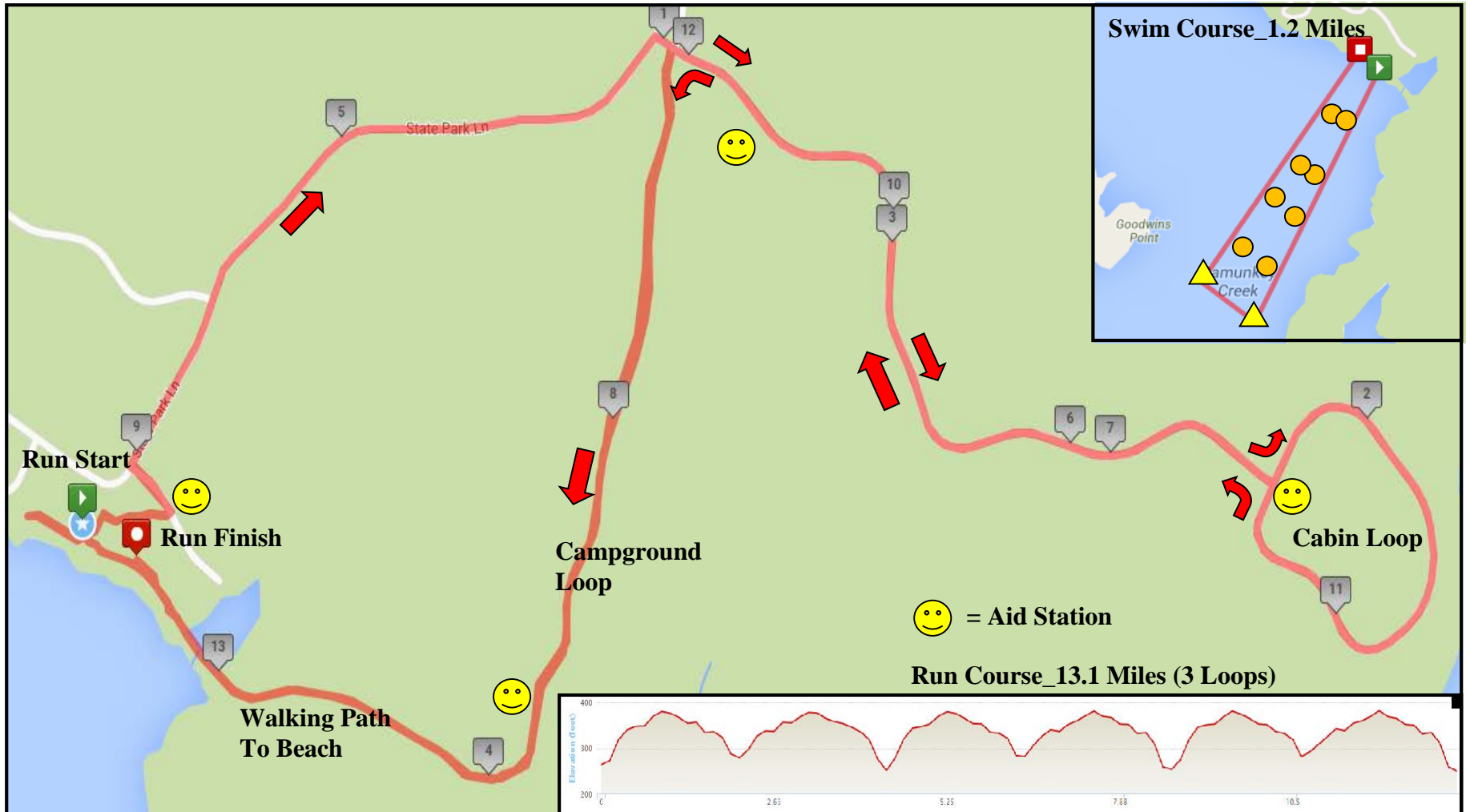
If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd the swim.





Kinetic Half Bike Course Cue Sheet

Mile	Note
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)
15.0	<i>Aid Station</i>
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)
26.0	<i>Aid Station</i>
28.5	Straight on Post Oak, <i>Start 2nd Lap!!!</i>
31.0	Right on W. Catharpin (Rt. 608)
35.0	<i>Aid Station</i>
37.4	Right on Robert E. Lee (Rt. 608)
39.3	Right on Seays (Rt. 649)
41.6	Right on Post Oak (Rt. 606)
46.0	<i>Aid Station</i>
48.0	Left on Stubbs Bridge Rd (Rt. 612), <i>Finish 2nd 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>)



Lake Anna State Park Kinetic/Acorn Site Layout

