

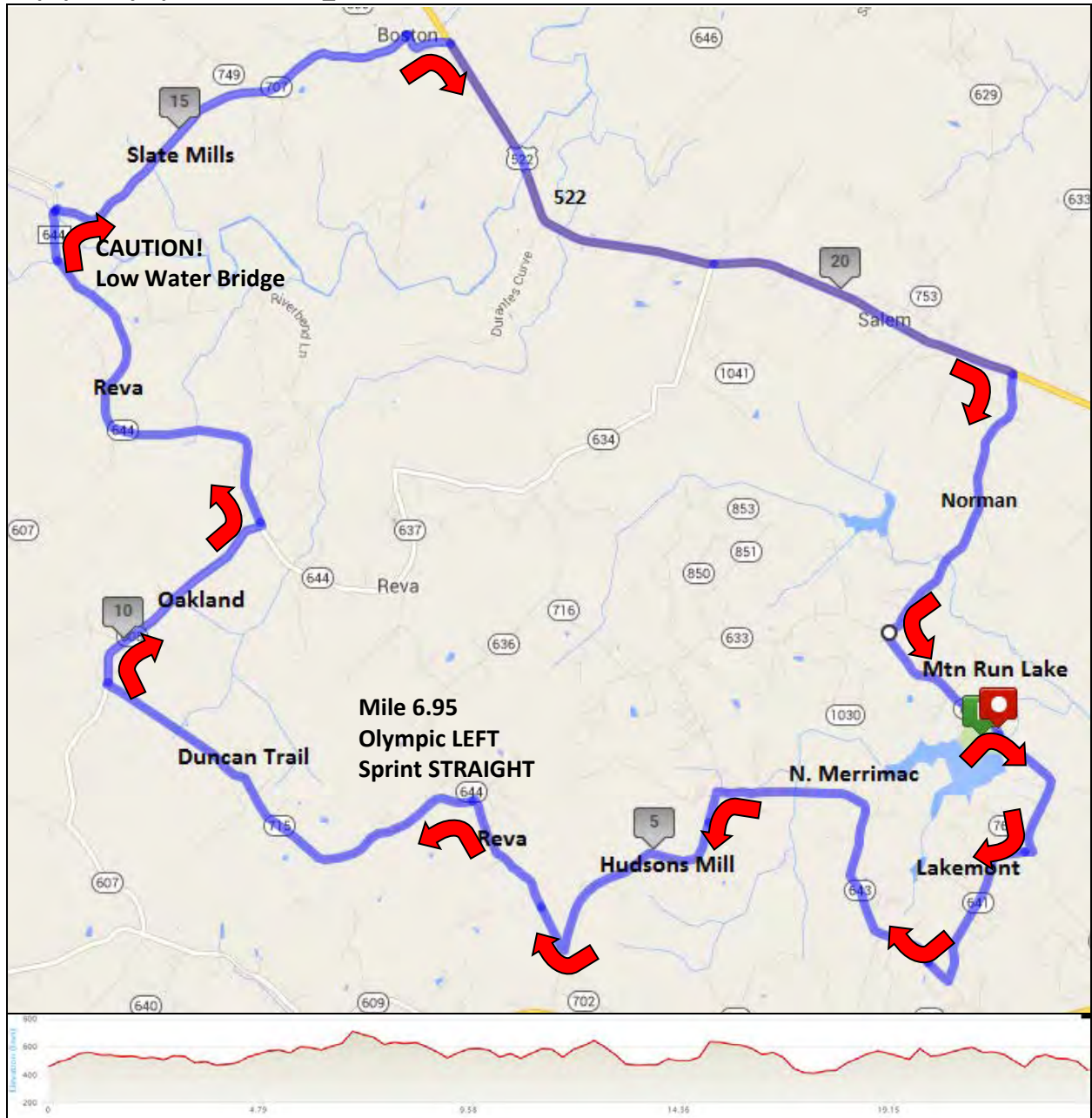
Culpeper Triathlon Swim Course_1500 / 750 Meters



The Culpeper Triathlon Swim Course takes place in Mountain Run Lake. This time trial start swim features a 750-meter swim course done once for the Sprint or twice for the Olympic. Athletes will swim counterclockwise with yellow triangle turn buoys on your left shoulder, orange buoys on either side. Athletes must swim through the double yellow “gate” prior to starting their 2nd Lap (Olympic Only) or turning to the finish.



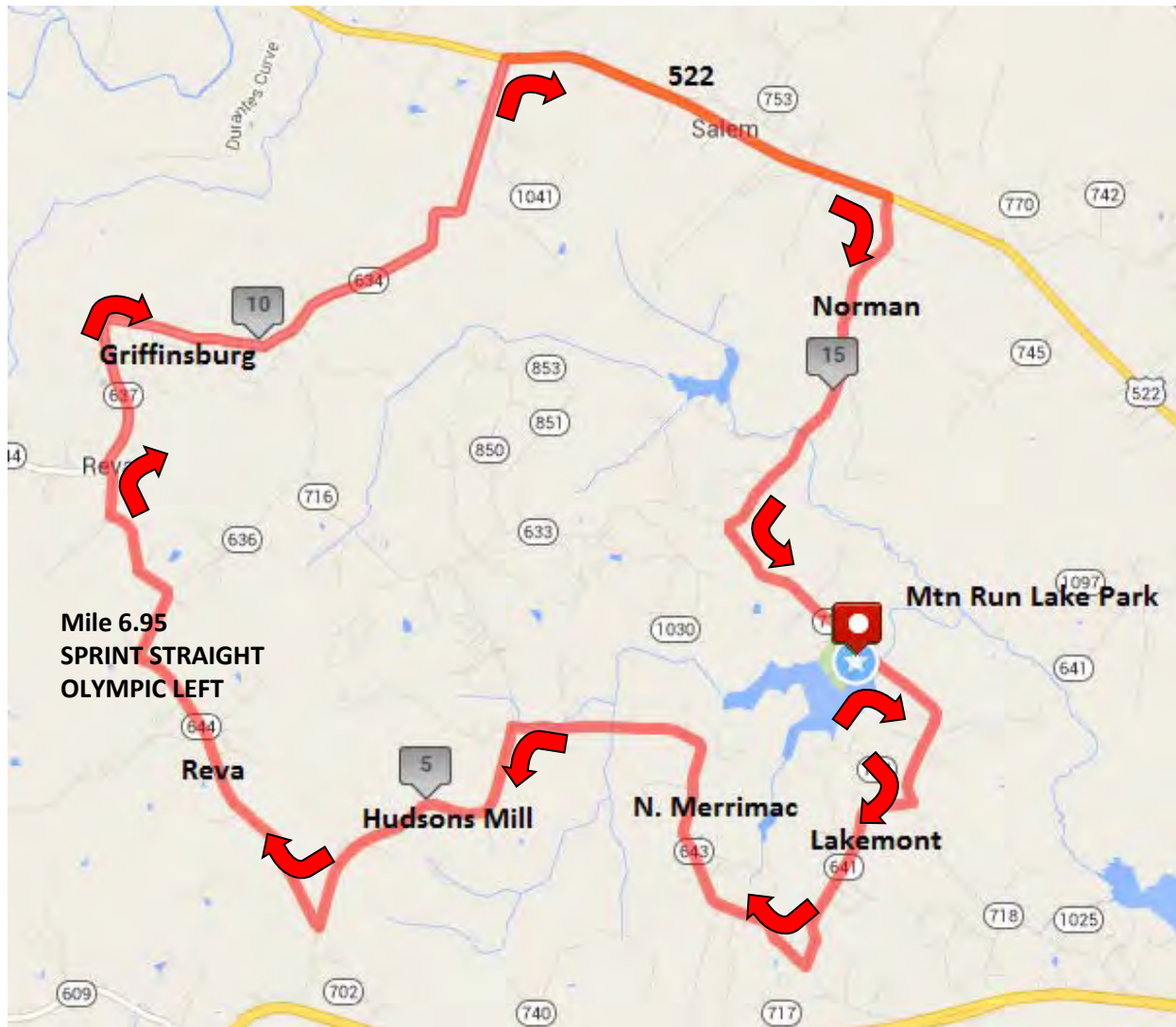
Culpeper Olympic Bike Course_24 Miles



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 – International turns LEFT on Duncan Trail
 9.7 – Right on – Right on Oakland
 11.1 – Left on Reva

13.7/14.0 – Cross low water bridges (use caution)
 14.0 – Right on Slate Mills
 16.6 – Sharp right hand turn, use caution.
 16.9 – Right on 522
 19.0 – Merge with Sprint bikes coming onto 522
 21.2 – Right on Norman
 23.0 – Left on Mtn Run Lake
 24.0 – Right into Park

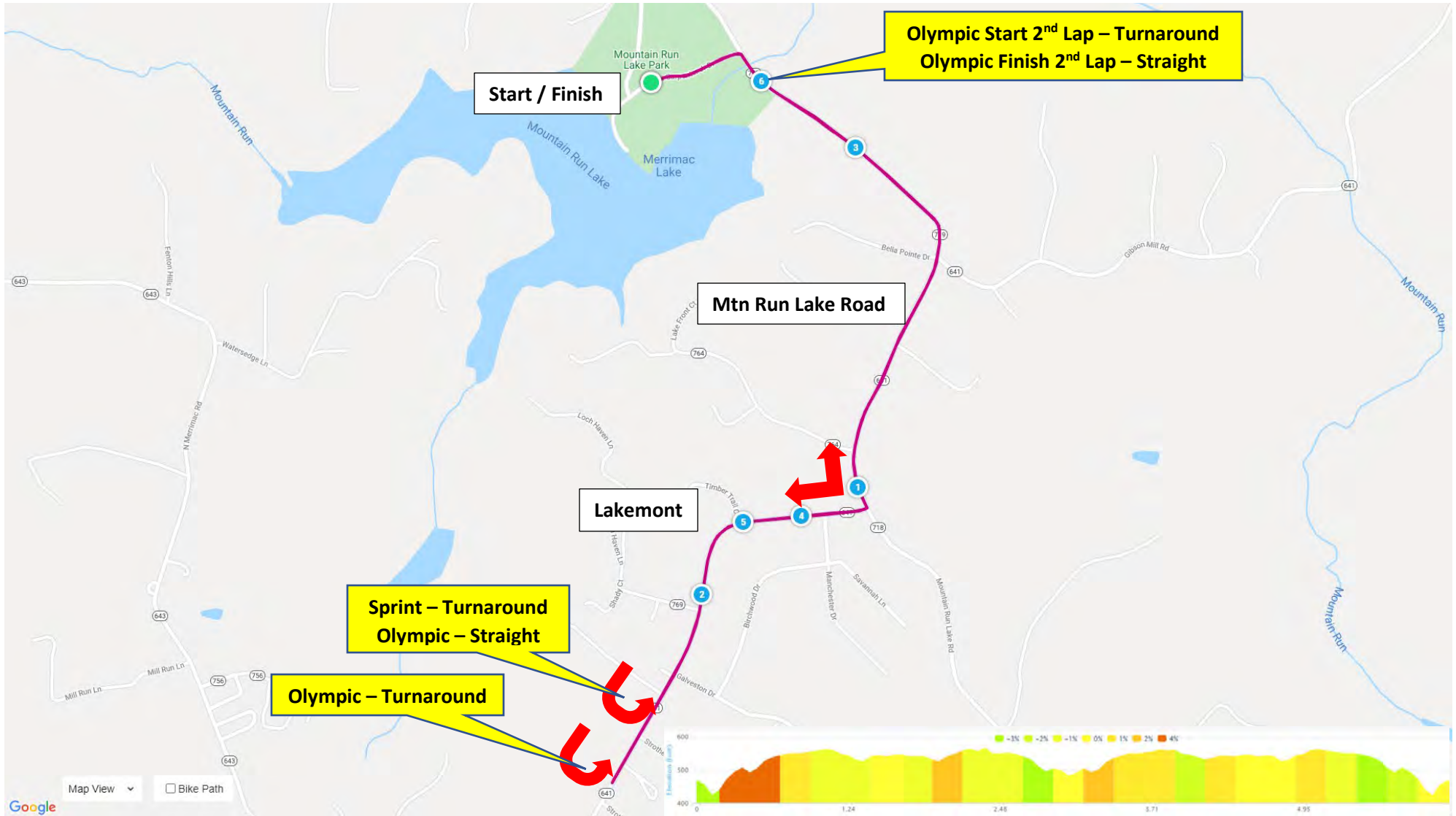
Culpeper Sprint Bike Course



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 Triathlon Run Course_3.1 / 6.2 Miles



Culpeper Triathlon Site Layout

Race Site Address
Mountain Run Lake Park
16283 J B Carpenter Jr Dr
Culpeper, VA 22701

Bicycles will be held in transition until all cyclists are in (approx. 10:45am).

Having a dedicated lane for the run course means ALL CARS EXIT LEFT to 522 and 29 until run course is clear, approx. 11:45am. THANK YOU!

