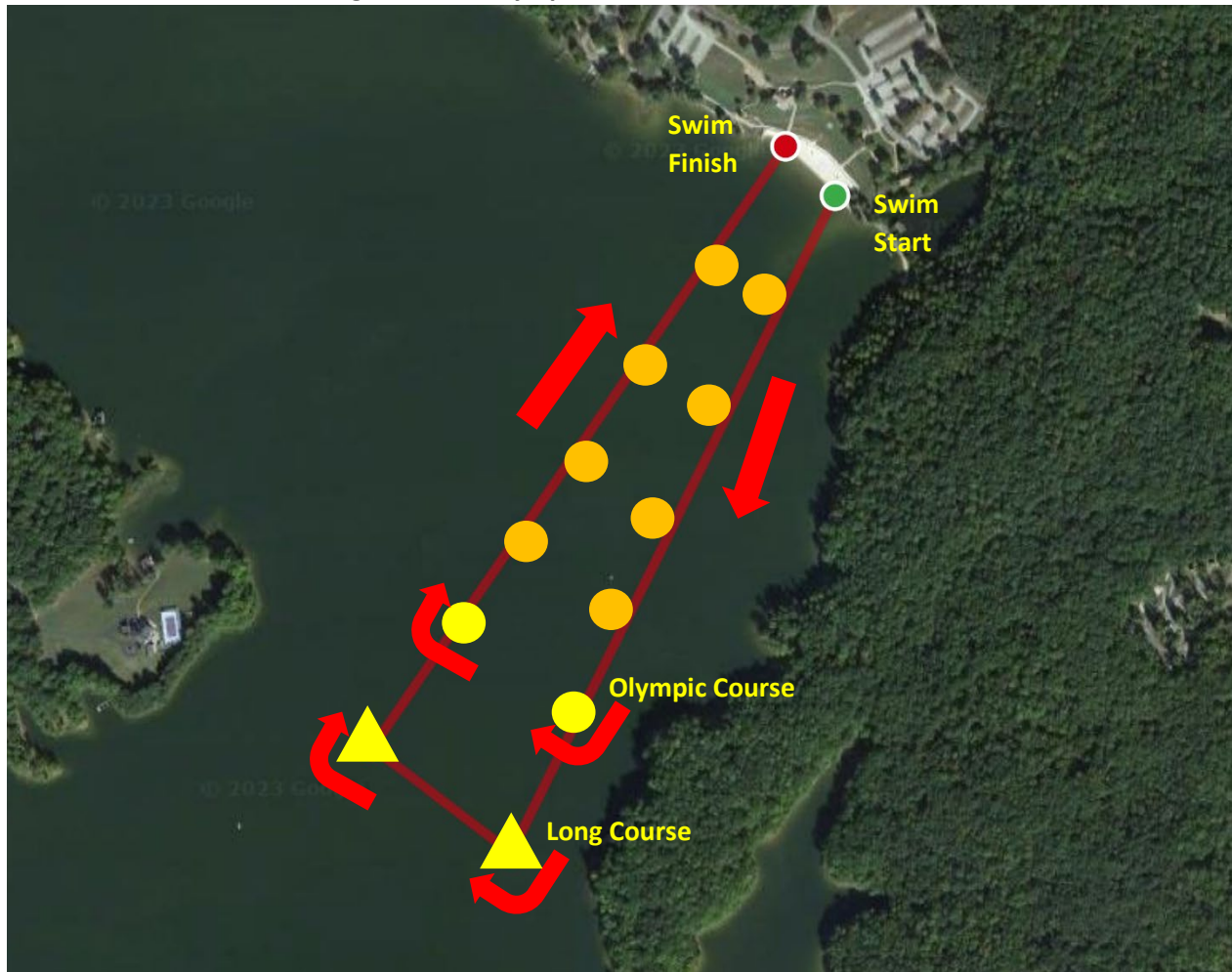


Kinetic Triathlon Festival Long Course & Olympic Swim Course 1.2 Miles / 1500 Meters

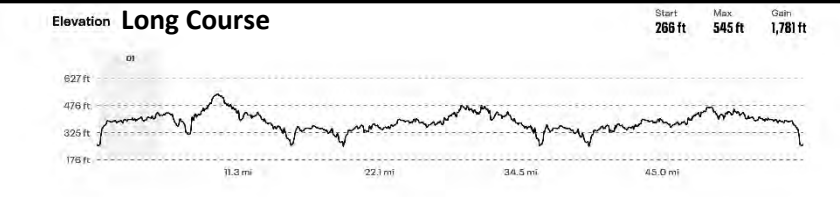
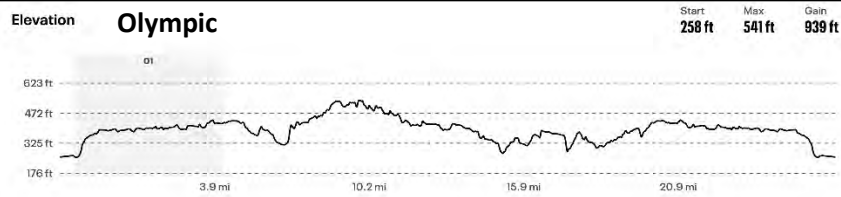
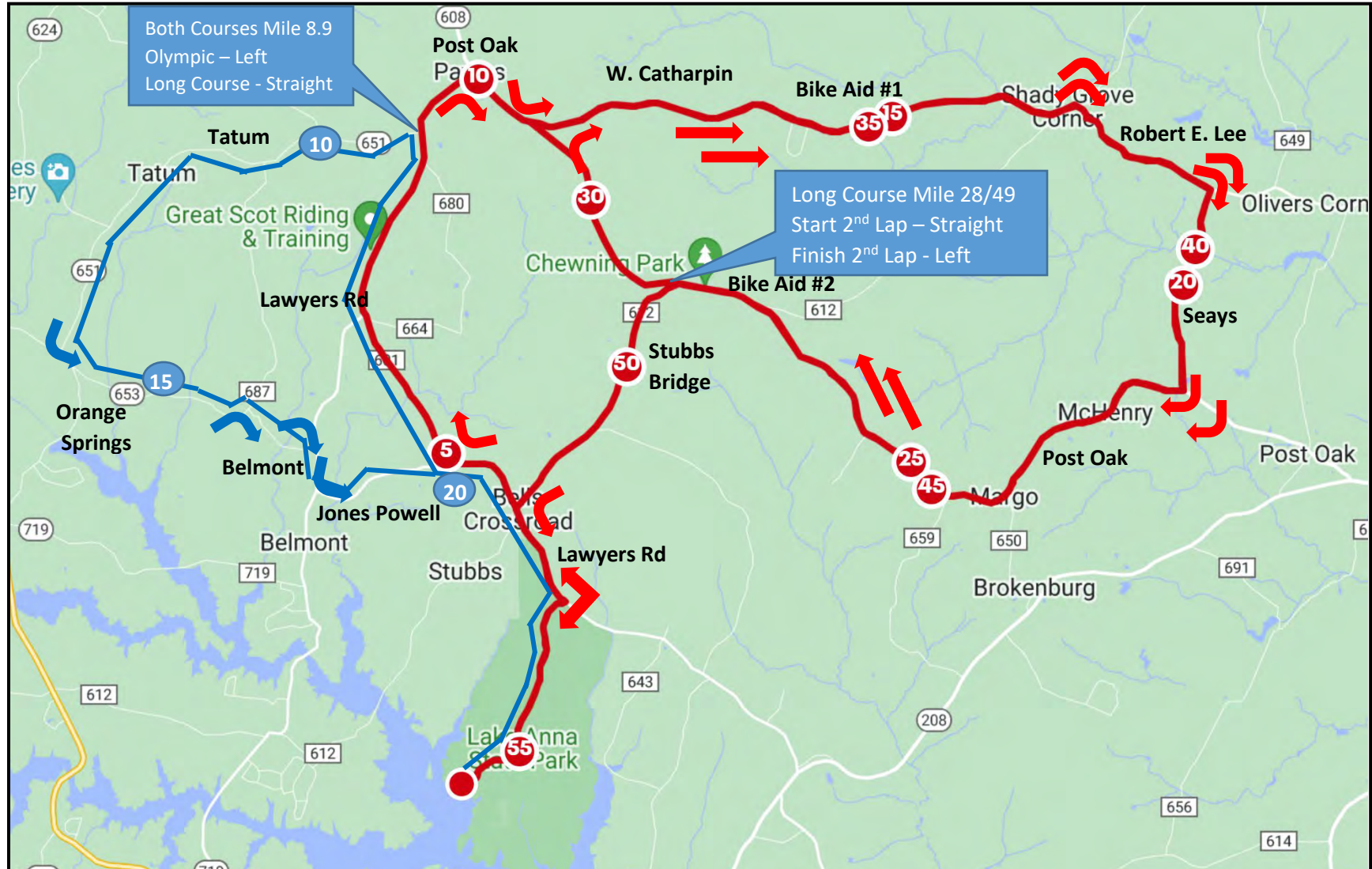


If you need assistance, roll on your back and flag one of our lifeguards. Athletes can swim on either side of the orange sighting buoys. Yellow turn buoys for your respective course must be on right.

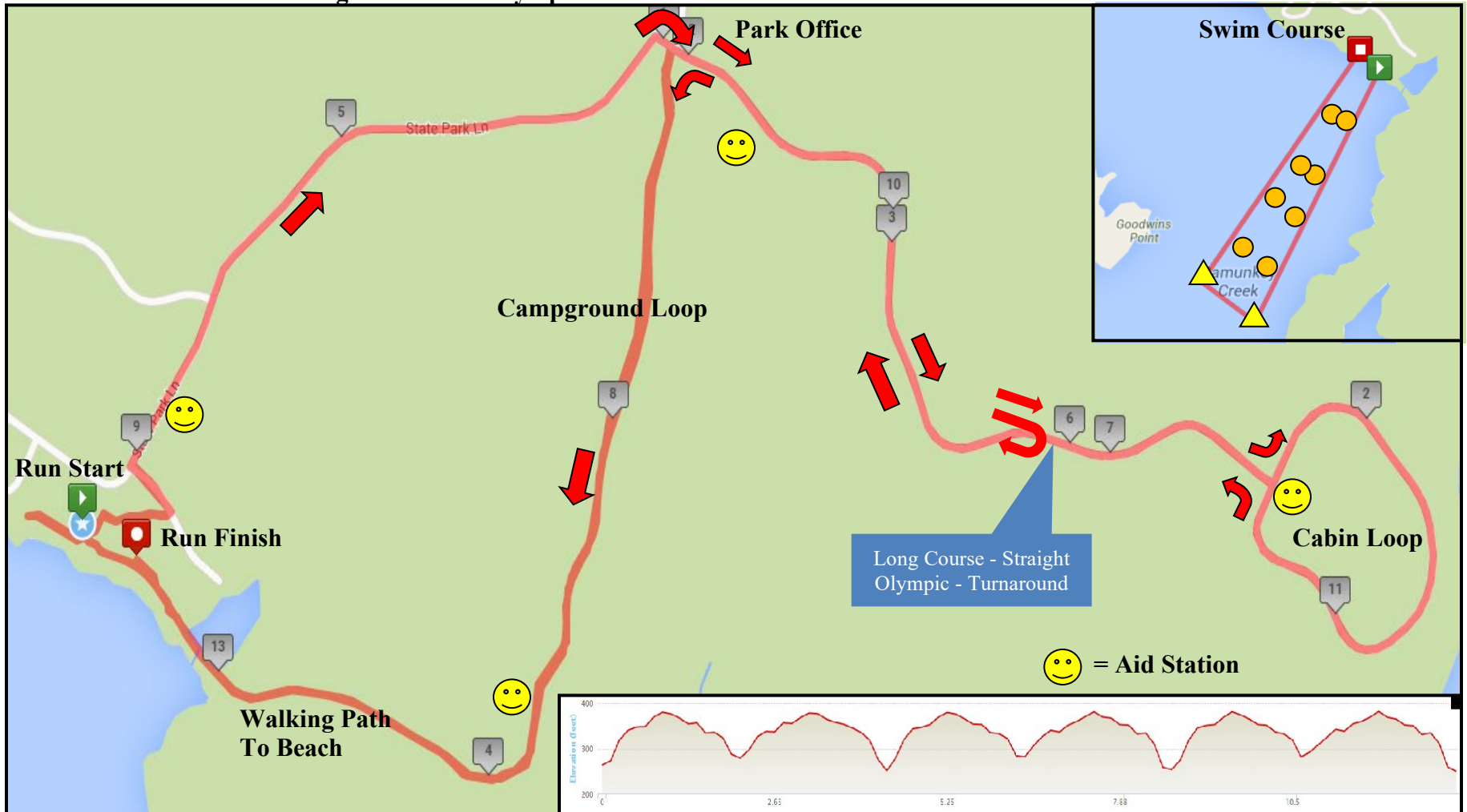
Yellow Triangles – Long Course Turns (2) / Yellow Barrels – Olympic Course Turns (2)



Kinetic Triathlon Long Course & Olympic Bike Course 56/24 Miles



Kinetic Triathlon Festival Long Course and Olympic Run Course: 13.1 / 6.2 Miles



Long Course Run – 13.1 Miles: Athletes do 3 loops of the run course to include the full cabin loop each time.

Olympic Course Run – 6.2 Miles: Athletes do 2 loops of the run course, excluding the cabin loop each time.

All athletes do the short 0.1 mile out and back section at the start of the run, but skip it on each additional lap.



Lake Anna State Park Kinetic/Acorn Site Layout





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>)



Kinetic Multisport Festival Olympic Bike Course Cue Sheet

Mileage	Notes
0.0	Mount bike after line and proceed to park entrance
2.6	Turn Left on Lawyers Road
4.8	Turn Right on Lawyers Road
8.9	Turn Left on Tatum Road (Half athletes will proceed straight)
14.5	Turn Left on Orange Springs Road
17.8	Turn Right on Belmont
18.2	Turn Left on Jones Powell
20.8	Watch for Half athletes merging back into course
22.0	Turn Right back into park
24.6	Dismount bike before the line, run bike to transition area