Swim Finish C Swim Start

Olympic Course

Long Course

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 (608) (624) Both Courses Mile 8.9 **Post Oak** Paros W. Catharpin Long Course - Straight Bike Aid #1 corner Robert E. Lee Tatum 649 10 651 Tatum Long Course Mile 28/49 680 Olivers Corn Great Scot Riding Start 2nd Lap – Straight & Training a Park 💆 Chewnin Bike Aid #2 Lawyers R 612 Seays 664 **Stubbs** Bridge Orange **Springs** Post Oak Post Oak **Belmont Jones Powell** Cros (719) 659 650 Belmont Lawyers Rd 691 Stubbs 719 Brokenburg 643 612 (208) 612 656 614 Start 258 ft Gain 939 ft Max 541ft Elevation Long Course Olympic Max Gain 545 ft 1,781 ft Elevation 623 ft 11.3 mi 22.1 mi 34.5 mi 45.0 mi 3.9 mi 10.2 mi 20.9 mi

Kinetic Triathlon Festival Long Course and Olympic Run Course: 13.1 / 6.2 Miles **Park Office** Swim Course Goodwins Point Campground Loop Run Start Run Finish Cabin Loop Long Course - Straight Olympic - Turnaround = Aid Station **Walking Path** To Beach

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



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