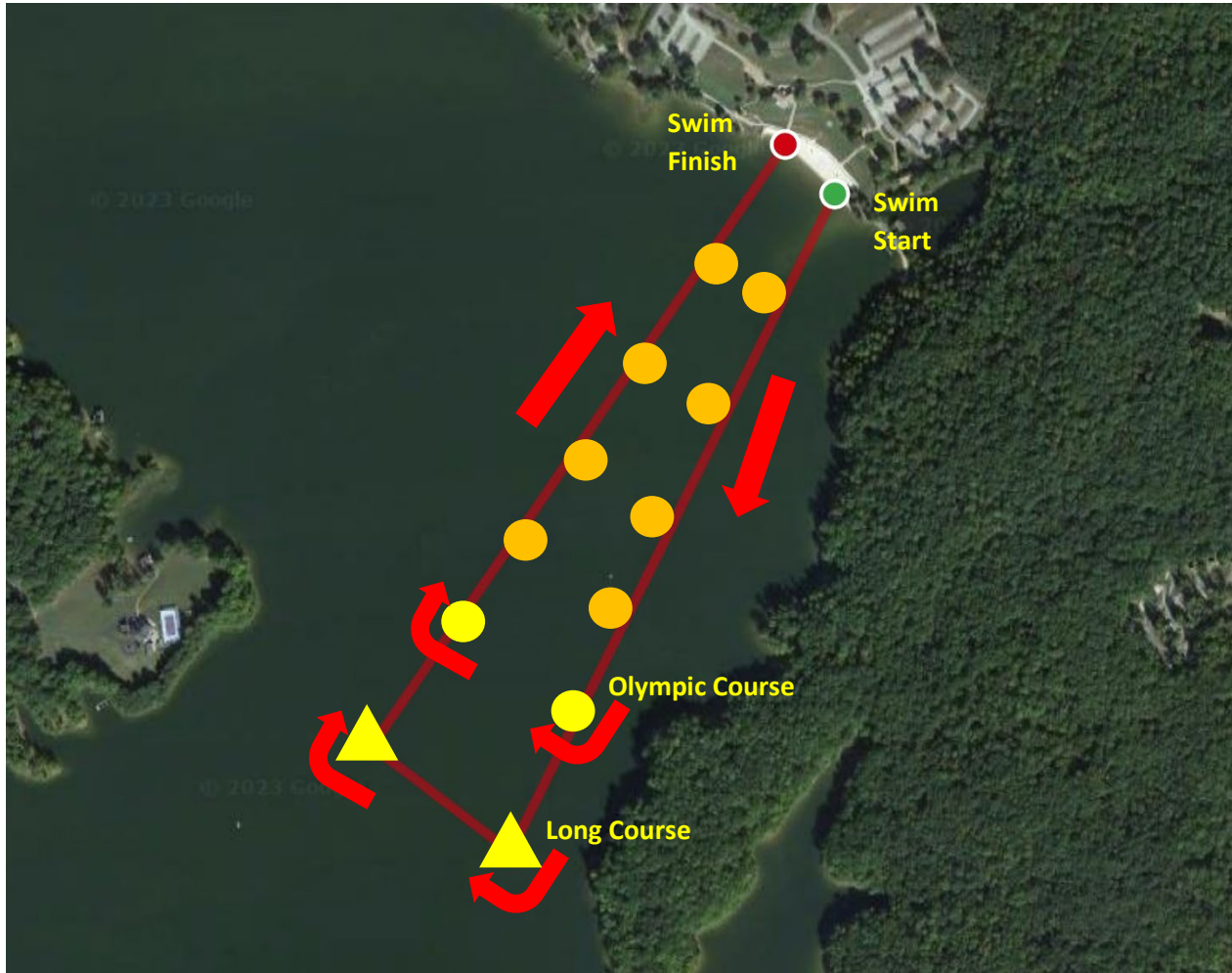


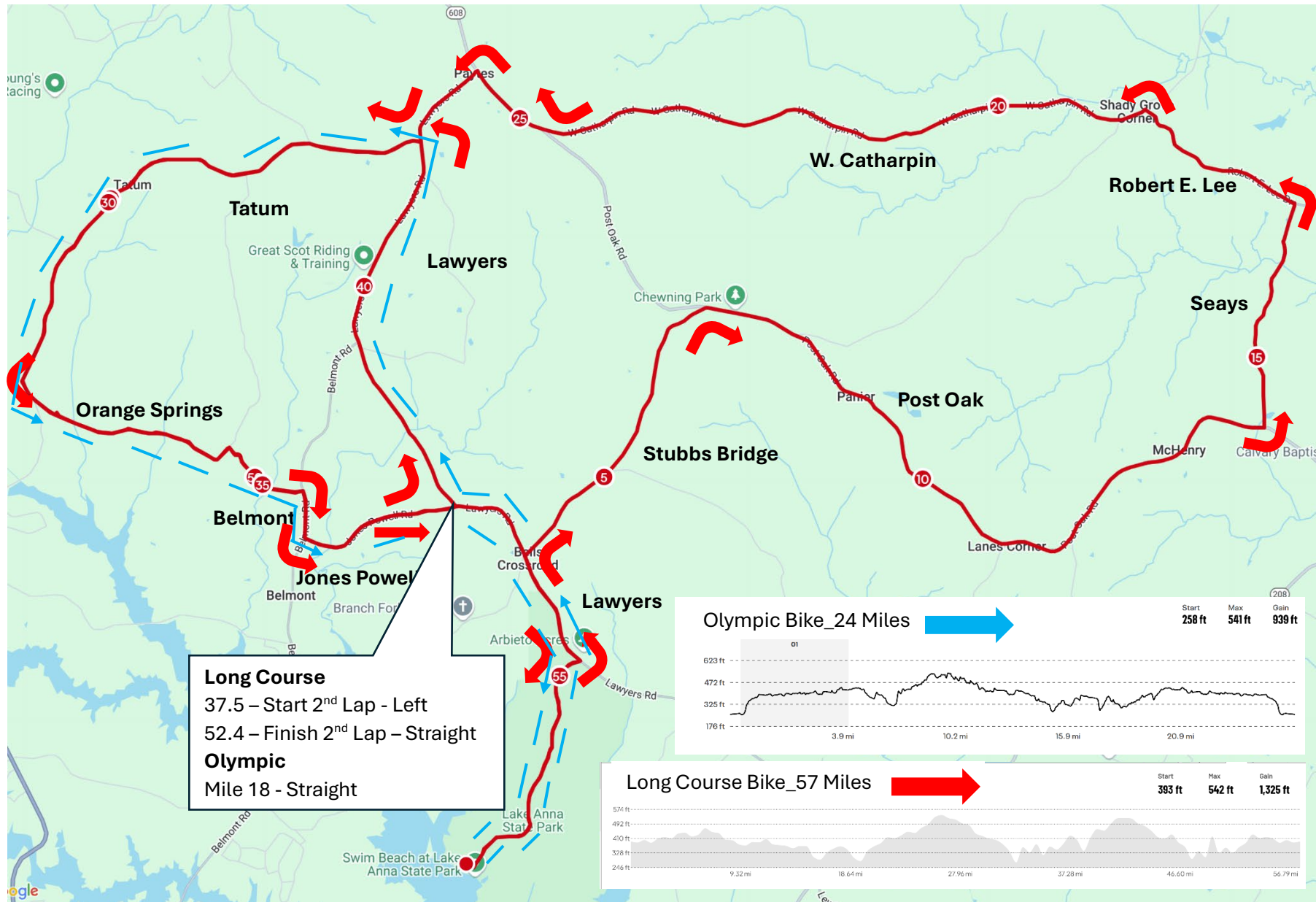
**Kinetic Triathlon Festival Long Course & Olympic Swim Course 1.2 Miles / 1500 Meters**



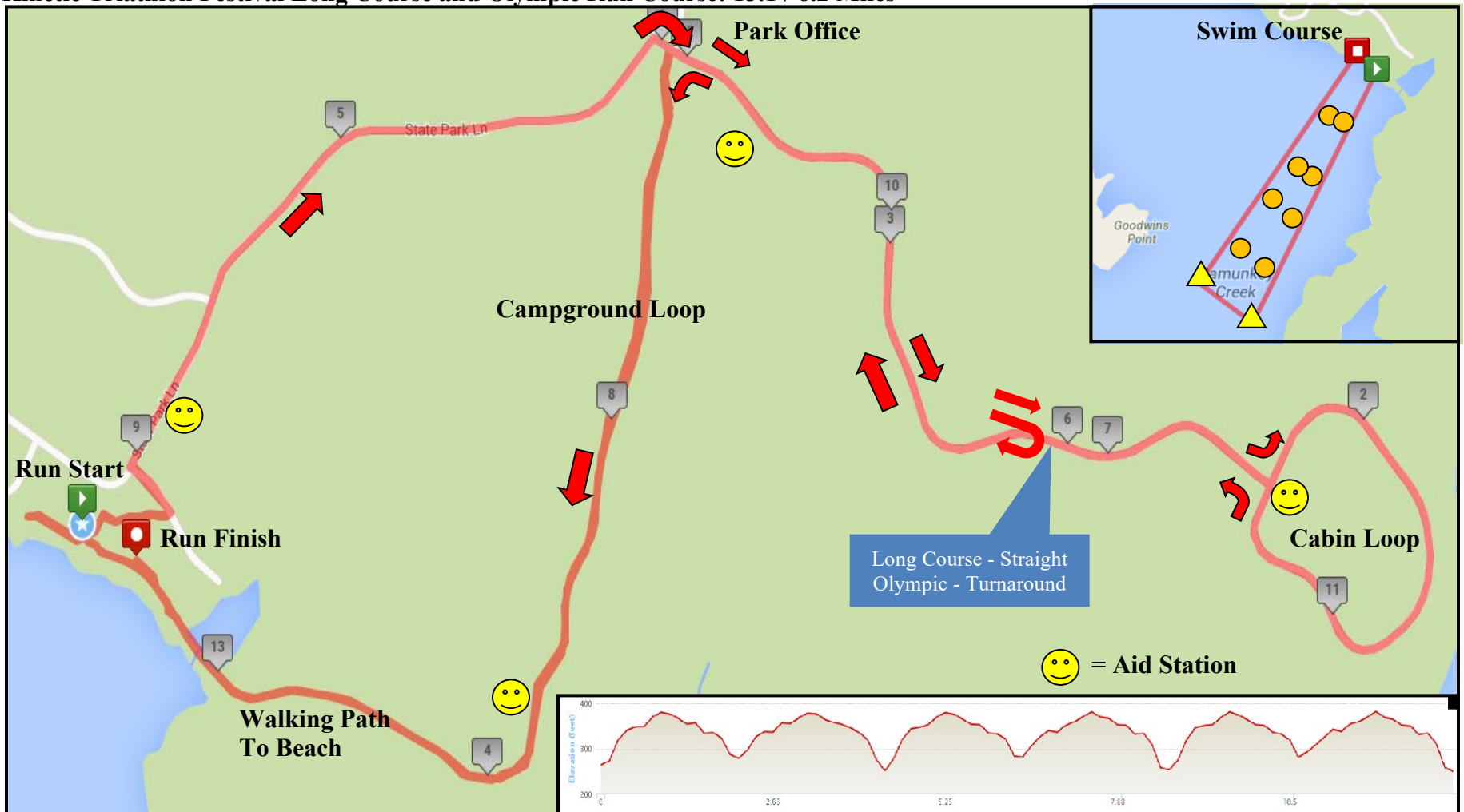
If you need assistance, roll on your back and flag one of our lifeguards. Athletes can swim on either side of the orange sighting buoys. Yellow turn buoys for your respective course must be on right.

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





**Kinetic Triathlon 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**

### **Mileage – Note**

- 0.0 – Pass Mount line in an EASY gear for uphill start
- 2.7 – Left on Lawyers (Rt 601) (exit Lake Anna State Park)
- 3.9 – Right on Stubbs Bridge Rd
- 7.0 – Right on Post Oak
- 14.3 – Left on Seays
- 16.6 – Left on Robert E. Lee
- 18.4 – Left on W. Catharpin
- 25.2 – Right on W. Catharpin
- 25.6 – Left on Lawyers
- 26.5 – Right on Tatum
- 32.6 – Left on Orange Springs
- 35.4 – Right on Belmont
- 35.8 – Left on Jones Powell
- 37.5 – Left on Lawyers (Start 2<sup>nd</sup> Lap)
- 41.5 – Left on Tatum
- 47.6 – Left on Orange Springs
- 50.4 – Right on Belmont
- 50.9 – Left on Jones Powell
- 52.5 - Straight on Lawyers (Finish 2nd Lap)
- 54.65 – Right into State Park
- 57.3 – Dismount before yellow line!



**Kinetic Multisport Festival Olympic Bike Course Cue Sheet**

<b>Mileage</b>	<b>Notes</b>
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
14.5	Turn Left on Orange Springs Road
17.8	Turn Right on Belmont
18.2	Turn Left on Jones Powell
19.5	Continue Straight as Jones Powell turns into Lawyers
22.0	Turn Right back into park
24.6	Dismount bike before the line, run bike to transition area