

# KINETIC HALF TRIATHLON

Lake Anna State Park - Spotsylvania, VA

# SWIM COURSE

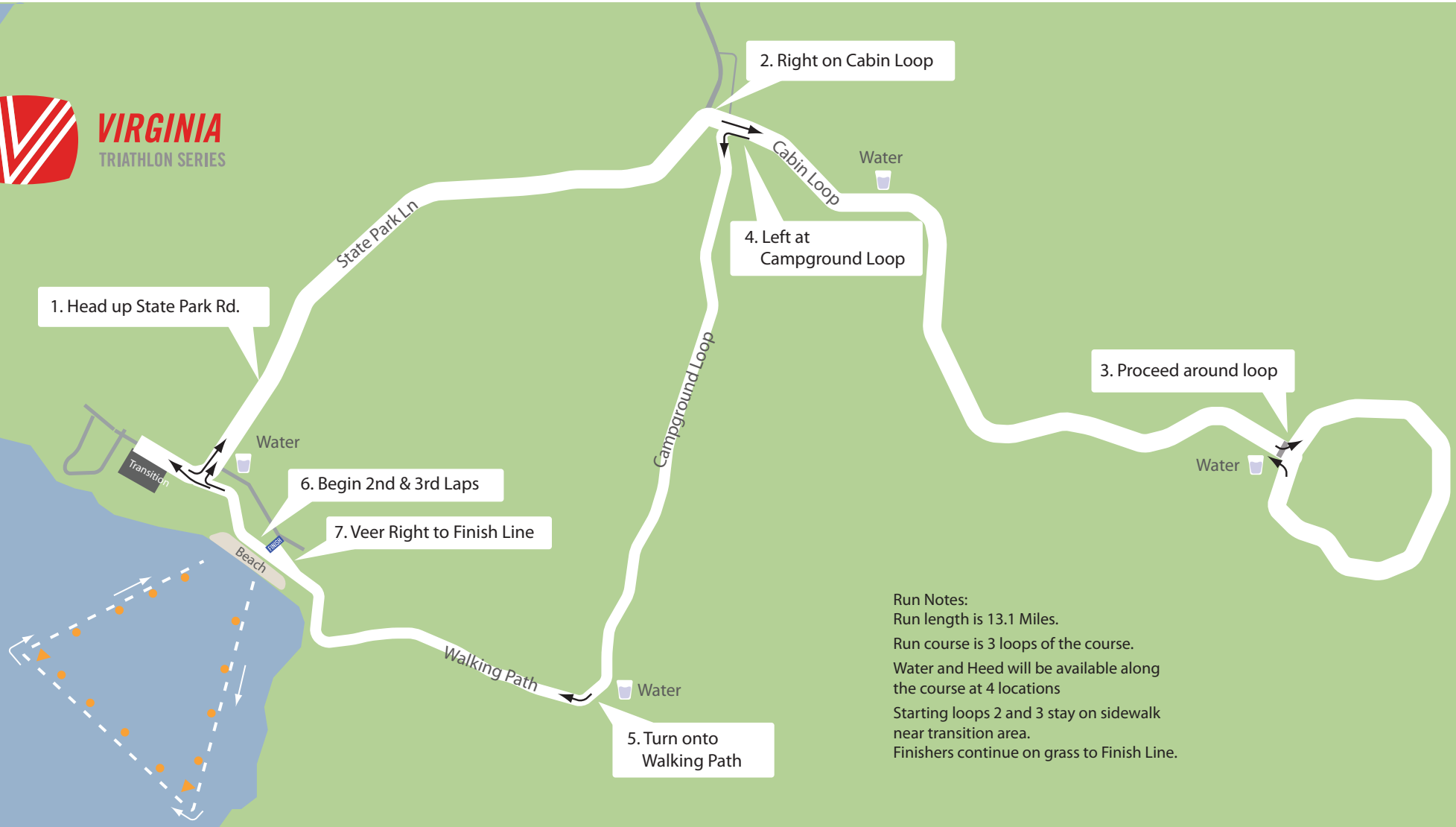
1.2 Miles

# RUN COURSE

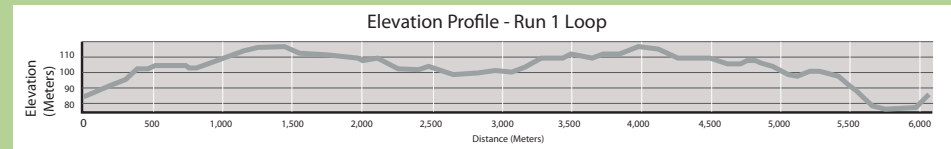
13.1 Miles



**VIRGINIA**  
TRIATHLON SERIES



Run Notes:  
Run length is 13.1 Miles.  
Run course is 3 loops of the course.  
Water and Heed will be available along the course at 4 locations  
Starting loops 2 and 3 stay on sidewalk near transition area.  
Finishers continue on grass to Finish Line.



Kinetic Half Bike Course: 56 Miles

