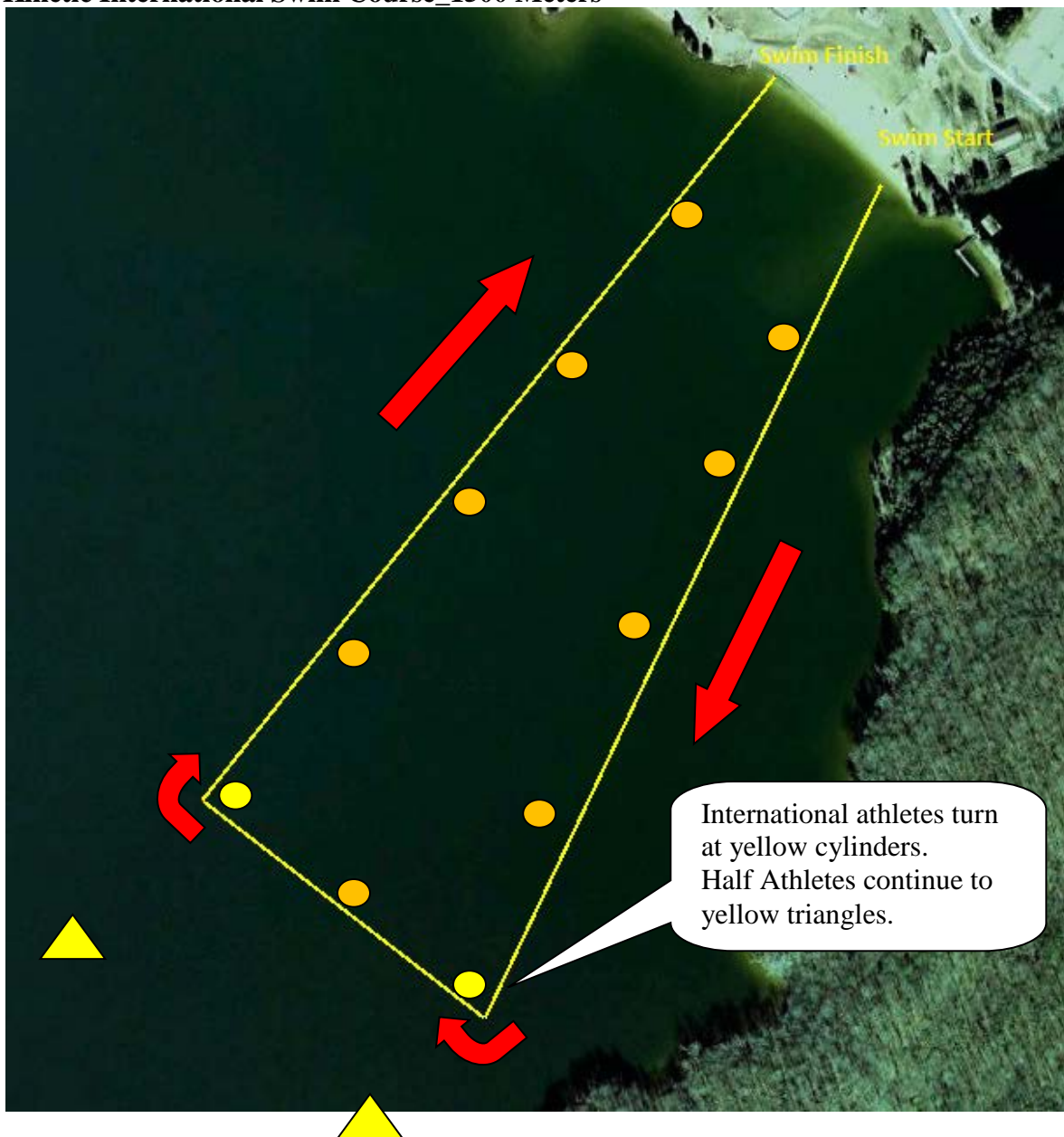
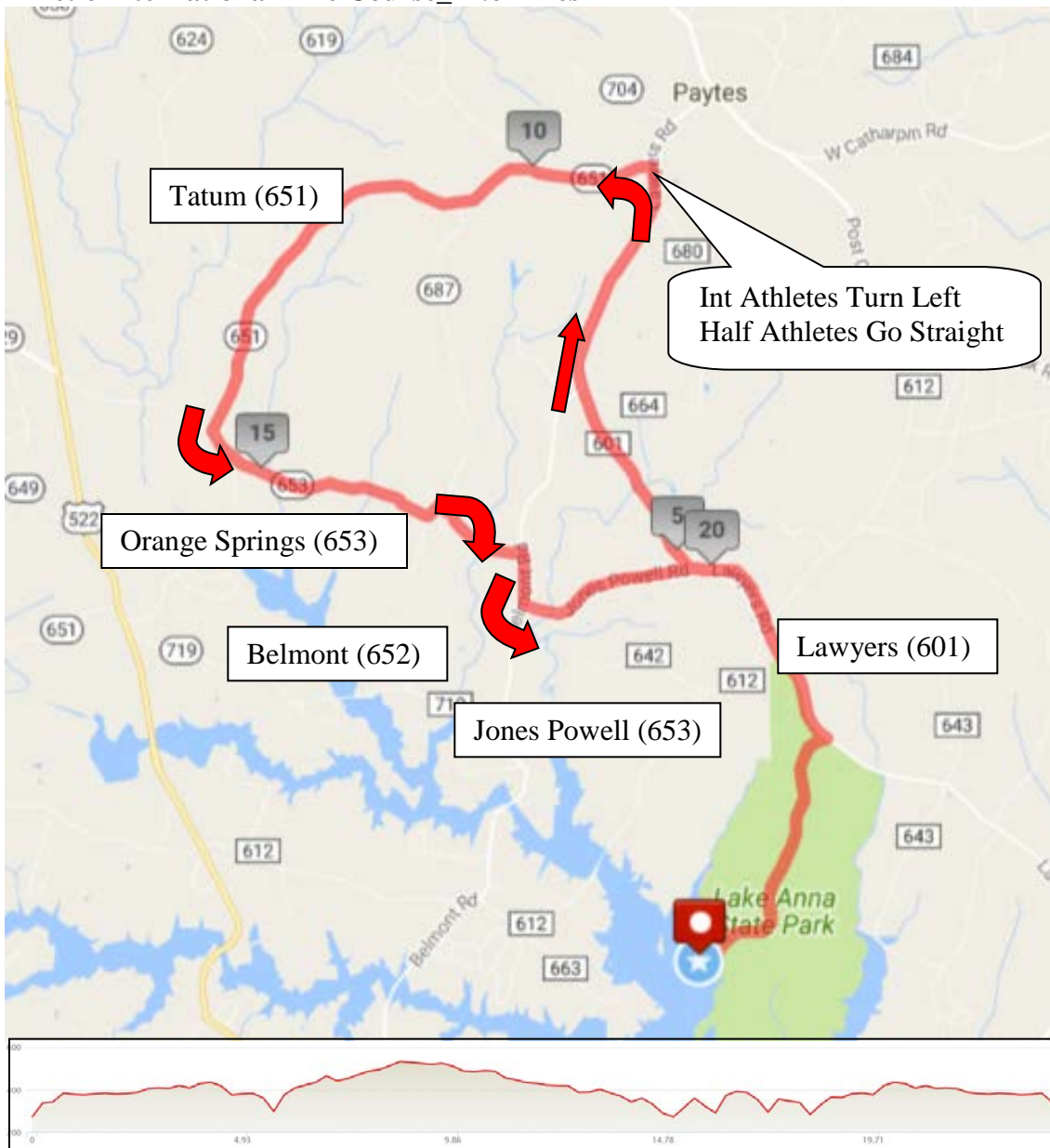


Kinetic International Swim Course_1500 Meters



If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd the swim.

Kinetic International Bike Course_24.6 Miles



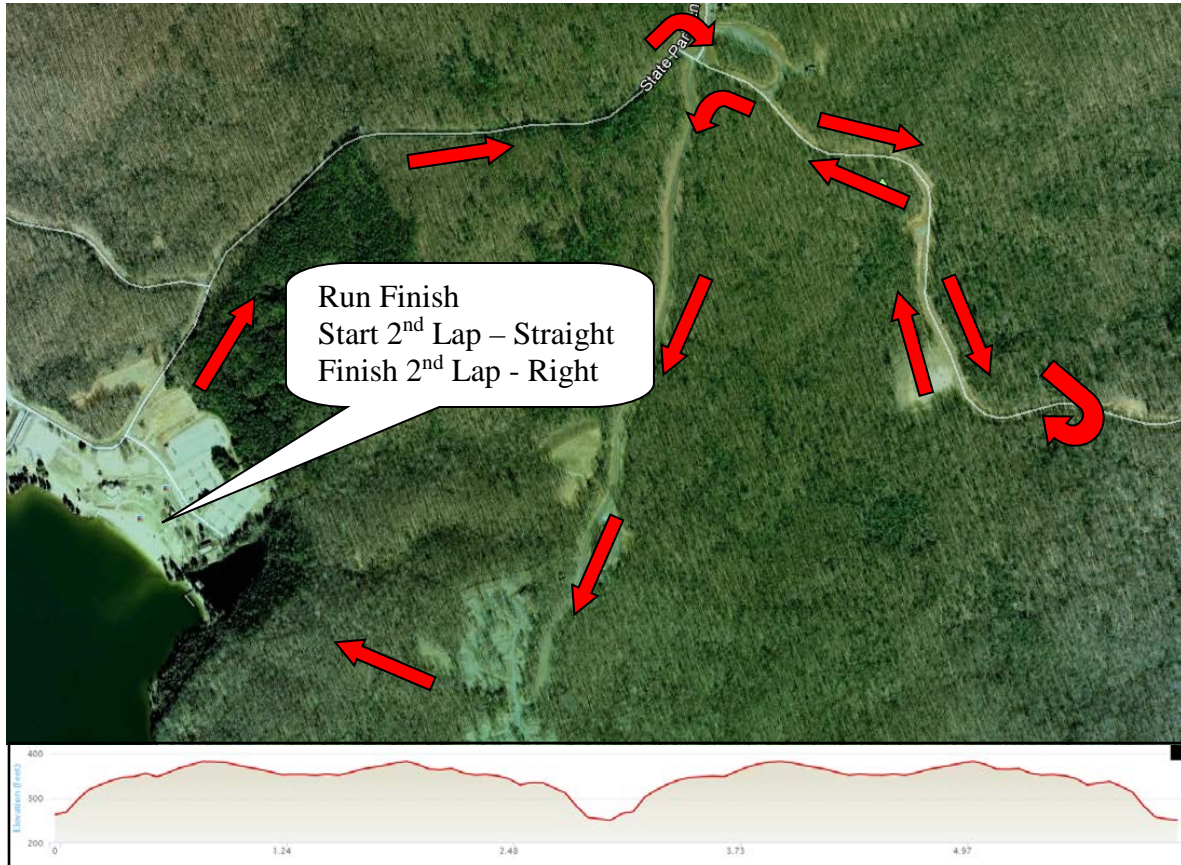
Course Notes: This course is open to traffic, please ride safely to the right as much as possible. There will be police officers at key intersections along the course and volunteers at all intersections. It is your responsibility to know the course. USAT bike course rules will be enforced.



Kinetic International 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

Kinetic International Run Course_6.2 Miles



Course Notes: This course is all inside the state park on paved roads and jogging paths. The International course is 2 loops of the Sprint course with a short out and back in the along the lake in the beginning to match the Half run course. There is a good uphill coming out of transition and a good downhill coming down to the finish line. As you start the 2nd lap you will run past the finish line, you are at the 5K point. Do another lap and as you finish your second lap you will turn Right into the finish line. There will be water at least every mile. Be swift!