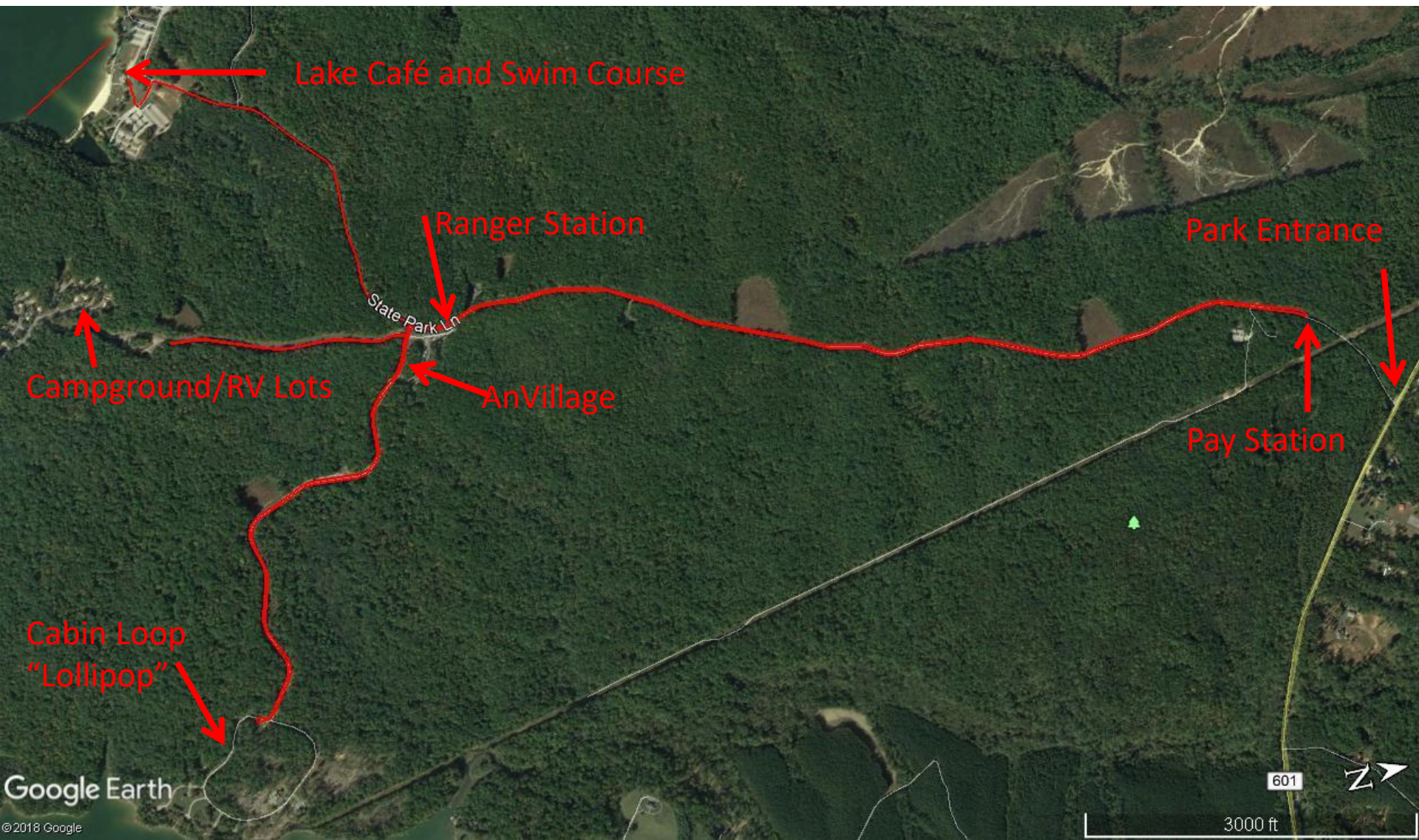


Overview of Lake Anna State Park with swim, bike and run course outlined. The Pay Station is where people normally pay to enter the park...Our athletes won't pay here, we will have passes to put in your vehicle, or if you have a cabin or camping spot, you have paid already to have a vehicle pass.



An overview showing the old AnVillage, Gravel Parking Lot, Swim Parking Lot, Lake Café, and Swim Start/Crew Area. For Race Check-In, you can park in the Swim Parking Lot or the Gravel Parking Lot and walk to the Lake Café. Please do not park where the large white tent is to the right of the Swim Parking Lot, that is reserved for Staff.



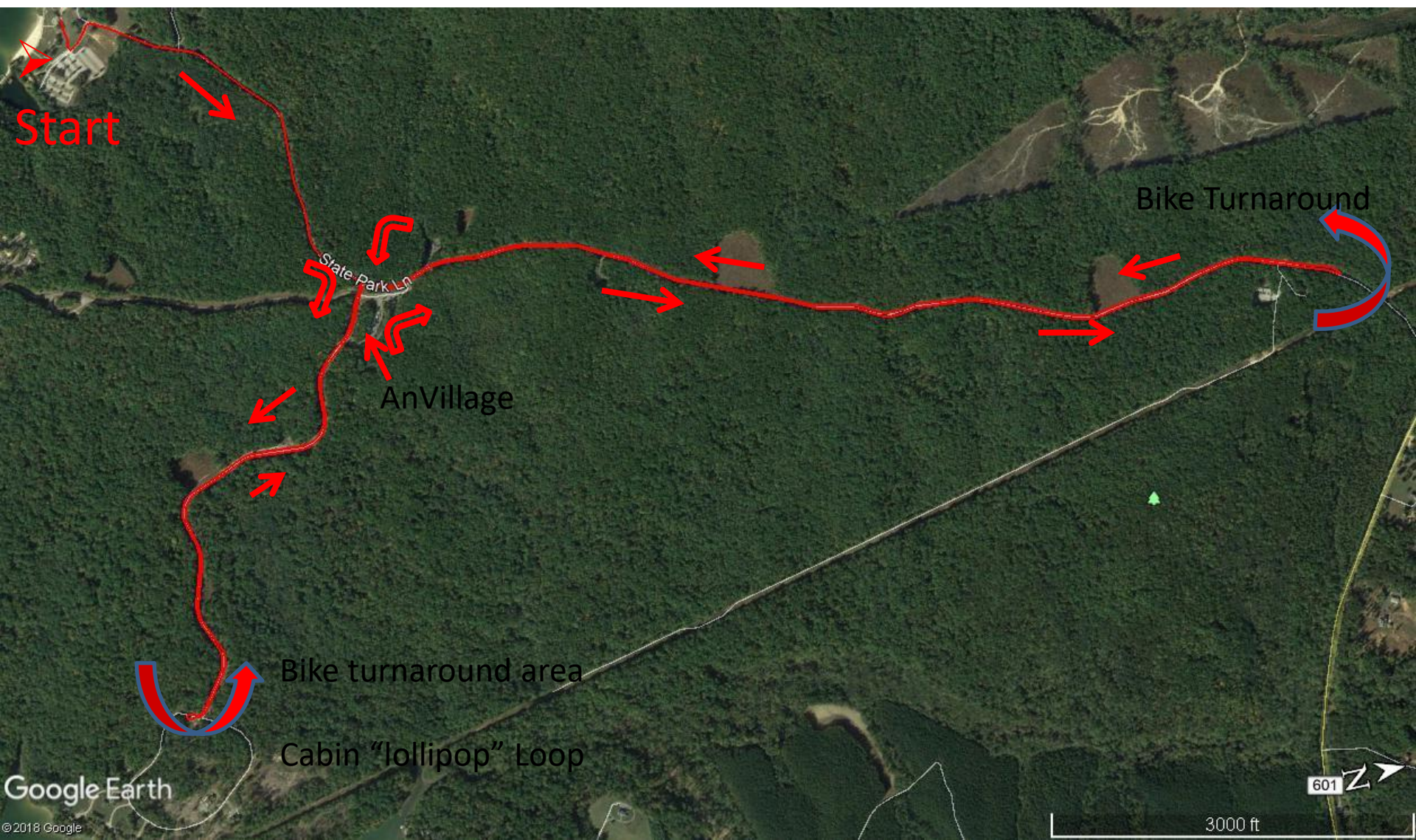
Large view of the Lake Café (checkin, pasta dinner/brief, swim start getting ready area, bike staging area, bathrooms/showers). The white shelter in the Staff Parking lot is not there nor is the one just above and to the right. The Swim Parking Lot is where you want to park for the Swim Start – also you can park here for Check In.



The Swim Course is a 2,112 ft/644 meter clock-wise loop pattern( swim line is 1,056 ft/322 meters) in Lake Anna. Both ends are in waist deep water where athletes can stand, turn and continue. At the Swim Start area, support crews are able to bring aid out to the swimmer, or, we have two floats where they can put their aid on. Quintuples will do 30 laps, Triples do 18 laps, Doubles do 12 laps, Singles do 6 laps.



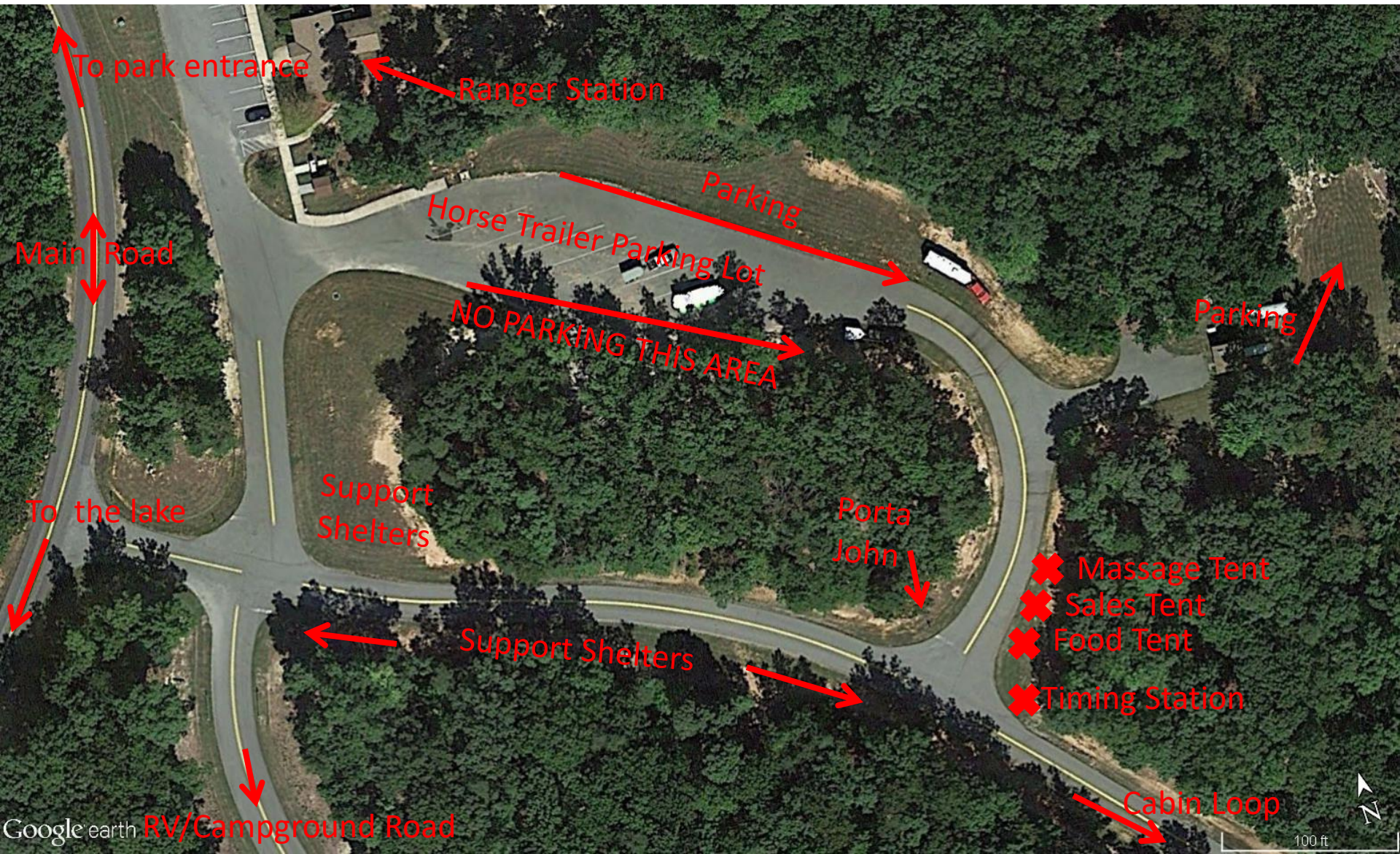
The Bike Course is a 5.0769 mile loop. Once the swim is finished, your bike is staged at the Lake Café, where you will ride .92457 miles to the AnVillage and check in with the timer, from there you will ride towards the front of the park and turn where the Pay Station is, return going past the AnVillage to the front of the Cabin Loop and do a U-Turn in the small parking lot at the front and return to the Timing Station to complete one loop, which is 5.076 miles a loop. Triple athletes will complete 66 full loops for 336 miles, Double athletes 44 laps for 224.3 miles and Single athletes 22 laps for 112.6 miles.



The Run Course is an out and back loop of 1.015 miles, starting from the Main Timing area and taking the road to the left towards the RV/Tent Camping area, turning around near the dump station and heading back. Everyone runs on the left side of the road going down and you stay on that side coming back towards the AnVillage. Triple ANVIL athletes will complete 76 laps, Double ANVIL athletes will do 52 laps, and Single ANVIL athletes will do 26 laps.



This shows the AnVillage. Where the timing station is, we will have an electrical drop there so we can run the station without using generators, and have power for the food/sales & massage tent. Shelters will be set up on the other side of the road, you will bike and run past them both ways.



This is a larger scale of the AnVillage. Shelters will be set up mainly on one side of the road!!! You may stop as you enter the AnVillage from the Main Road to get aid or bike thru giving your crew instructions on what you want when you come back from the Cabin Loop Turn around on the bike....





This is the Cabin Loop, a one way loop. There are 10 cabins, and two Lodges. Notice that the road is a one way loop if you happen to drive into the loop area. The utilize the small parking lot at the beginning of the cabin loop for the bike turn. The Cabins can sleep 6 people..one room has a Queen bed, one room has two twin beds and t here is the pull out Queen sofa. Sheets, pillows, blankets are provided. One bathroom and a full kitchen (full size fridge, stove and microwave with dishes. Large porch on two side of the bldg, one portion of it is covered.

