

# Luray Triathlon & Duathlon - Bike Course



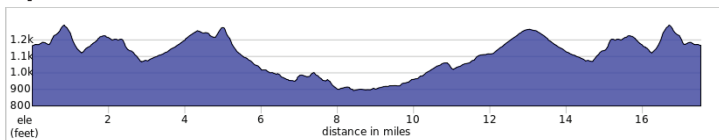
## Sprint Distance - 1 loop, 16 miles

1. Exit park and turn right onto Lake Arrowhead Rd.
2. Turn left onto Valleyburg Rd.
3. Turn left onto Ida Rd.
4. Turn right onto Hollow Run Rd.
5. Turn left onto Farmview Rd.
6. Turn left onto Ida Rd.
7. Turn right onto Valleyburg Rd.
8. Turn right onto Lake Arrowhead Rd.
9. Turn left into park entrance.

## Olympic Distance - 2 loops, 25 miles

1. Exit park and turn right onto Lake Arrowhead Rd.
2. Turn left onto Valleyburg Rd.
3. Turn left onto Ida Rd.
4. Turn right onto Hollow Run Rd.
5. Turn left onto Farmview Rd.
6. Turn left onto Ida Rd.
7. Turn left onto Hollow Run Rd and [Complete 2nd loop \(green arrow on map\)](#)
8. After 2nd loop, continue straight on Ida Rd.
9. Turn right onto Valleyburg Rd.
10. Turn right onto Lake Arrowhead Rd.
11. Turn left into park entrance.

## Sprint



## Olympic

