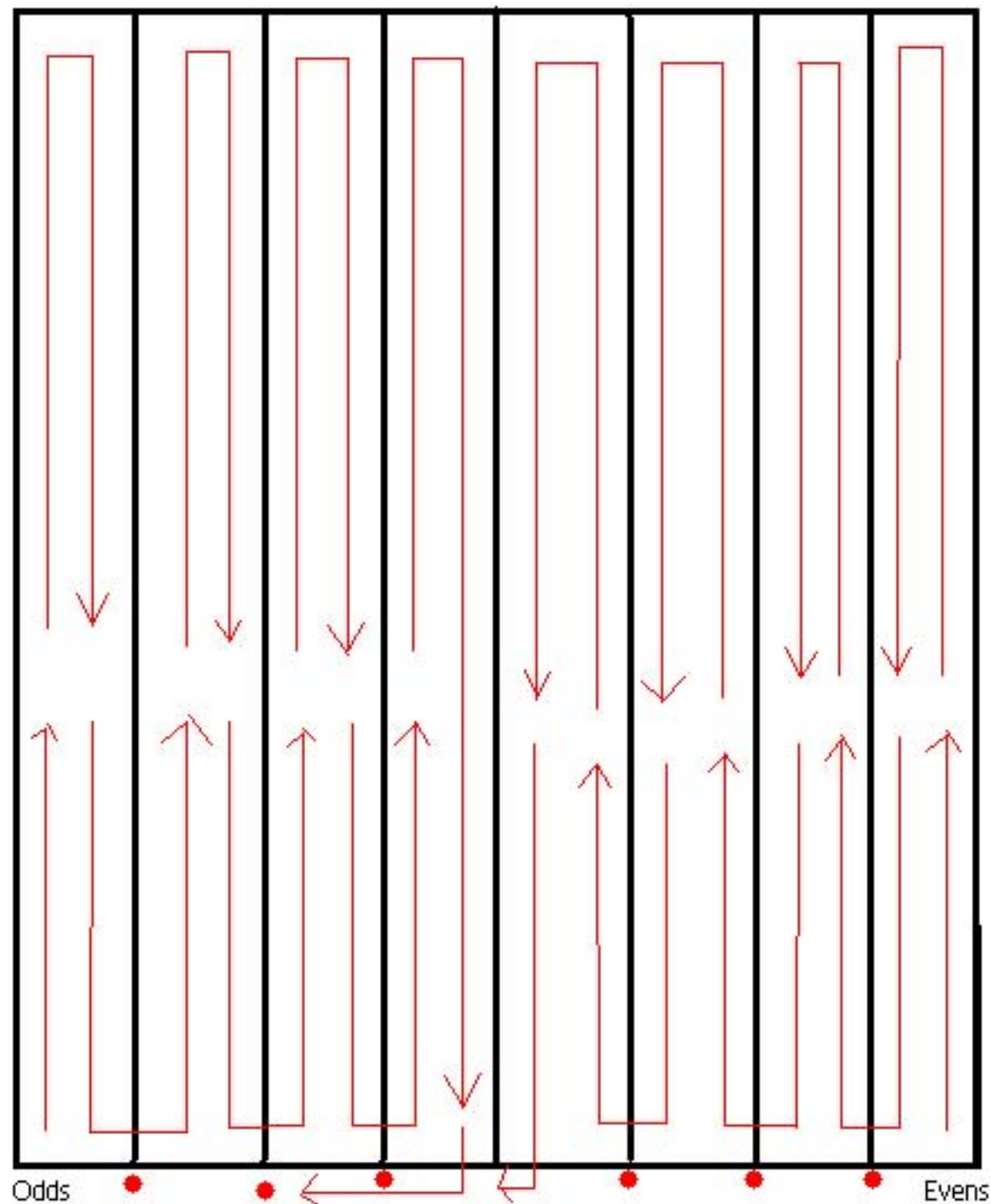


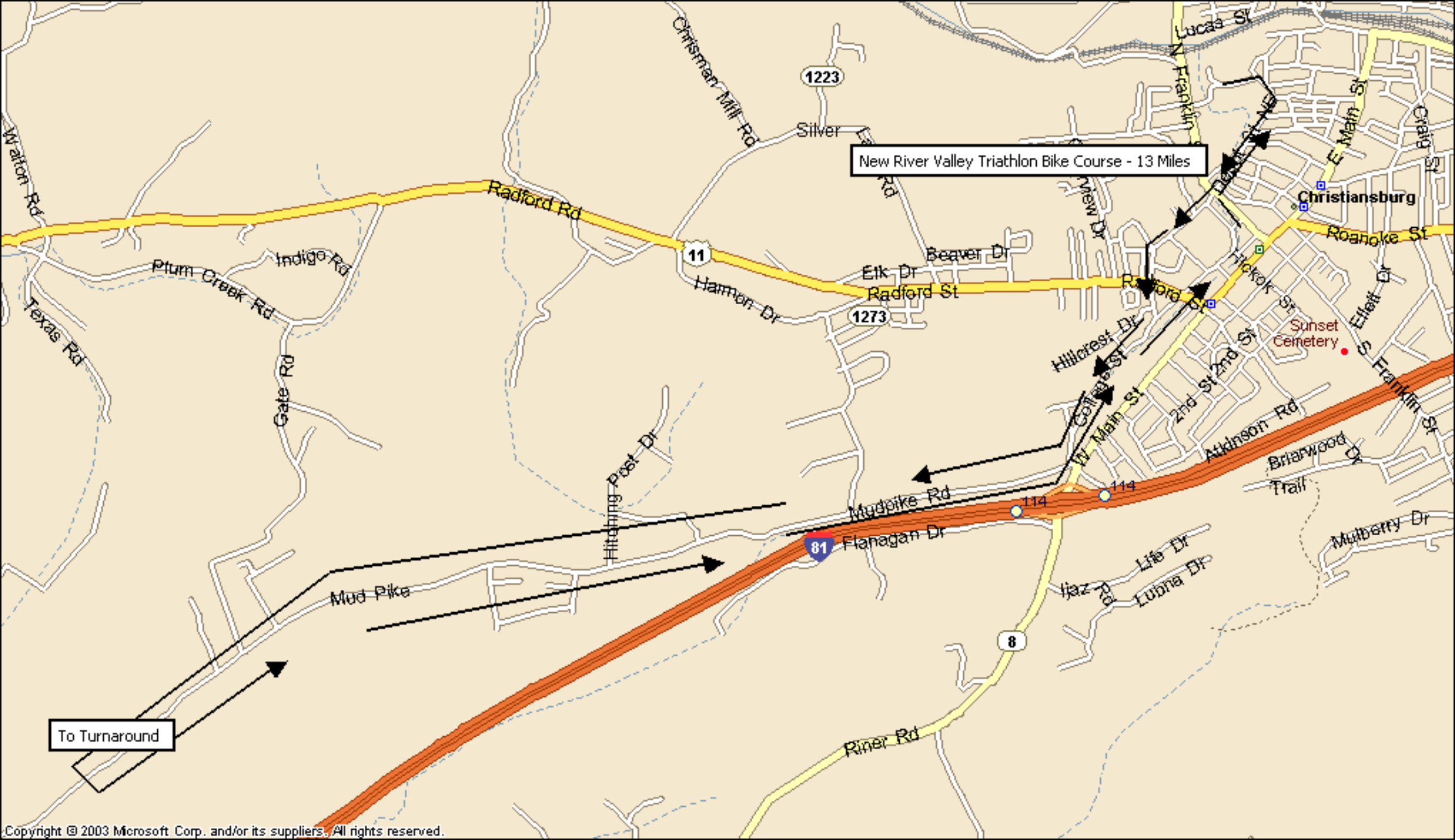
NRV Tri Swim Course - 400M

Odds start on one side, evens the other

Down and back in each lane

Go under the lane lines marked with an orange dot (cone on race day)





New River Valley Triathlon Bike Course - 13 Miles

To Turnaround



Run Start/Finish

11

8

Byp
460

460

11

81