

LONG COURSE DUATHLON WRITTEN DIRECTIONS

Dist/Miles	Action	Road	Turning From	Notes
0			Transition	Exit the North end of transition
0.2	LT	Raytown Road	Longview Lake Entrance	
1.82	LT	Highgrove Road	Raytown Road	Stop Sign
2.82	RT	Old Raytown Road	Highgrove Road	Stop Sign
3.55	LT	137th Street/Hook Road	Old Raytown Road	
4.3		Road Curves Right		
4.54	LT	139th Street	Peterson Road	Stop Sign
5.55	LT	Sampson Road	139th Street	Use caution on Sampson Road
5.79		Slow Sharpt Turn		Use caution on Curve
6.2	CS	Wooden Bridge		Use caution on Wooden Bridge
7.08	LT	Scheerer Road	Sampson Road	Stop Sign
8.94	CS			Stop Sign @ Old Raytown Rd & Scheerer
9.92	RT	Raytown Road	Highgrove Road	Stop Sign
11.53	RT	Lake Entrance	Raytown Road	Continue to Transition
11.56	CS	Continue to Transition		
		Dismount & Start Running		
		LEGEND		
		LT= Left Turn		
		RT= Right Turn		
		CS=Continue Straight		



RUN #1: 1.4 MILES • BIKE: 11.75 MILES • RUN #2: 3 MILES
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COURSES SUBJECT TO CHANGE WITHOUT NOTICE

