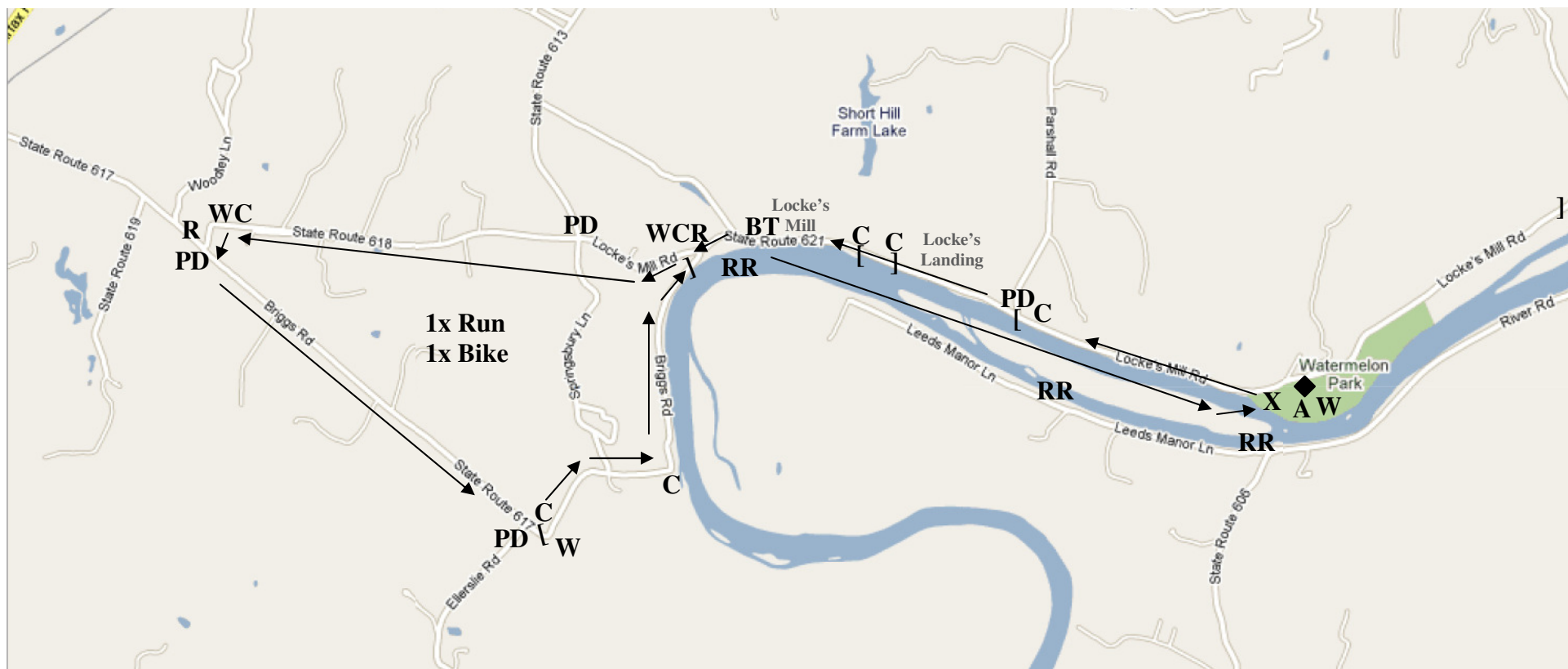


# RuBiTube Triathlon 2010 Course Map

**R** = Land Rescue Personnel  
**RR** = Water Rescue Personnel  
**A** = Ambulance On Stand By  
**PD** = Police Department

**W** = Water Station  
**C** = Course Marshall  
**B** = Bike Staging Area  
**T** = Tubing Staging Area

**◆** = Registration Tent  
**X** = Race Start and Finish  
**[ ]** = Gravel Road Section  
**→** = Direction of Race



**Leg #1- 5.5 mile RUN:** From Watermelon Park, go past Lockes Mill veering to the right following Lockes Mill Road around a hilly country loop of paved and gravel roadways until you come back to Lockes Mill.

**Leg #2 - 3.8 mile BIKE:** Climb your bike (participant provided) and follow Lockes Mill Road to complete the hilly country loop of paved and gravel roads a second time ending back at Lockes Mill once again.

**Leg #3 – 1.7 mile TUBE:** Grab an inner tube (provided by Watermelon Park) and hit the Shenandoah River. Kick and paddle your way to Watermelon Park or just enjoy the float then grab your tube and dash to the Finish Line!