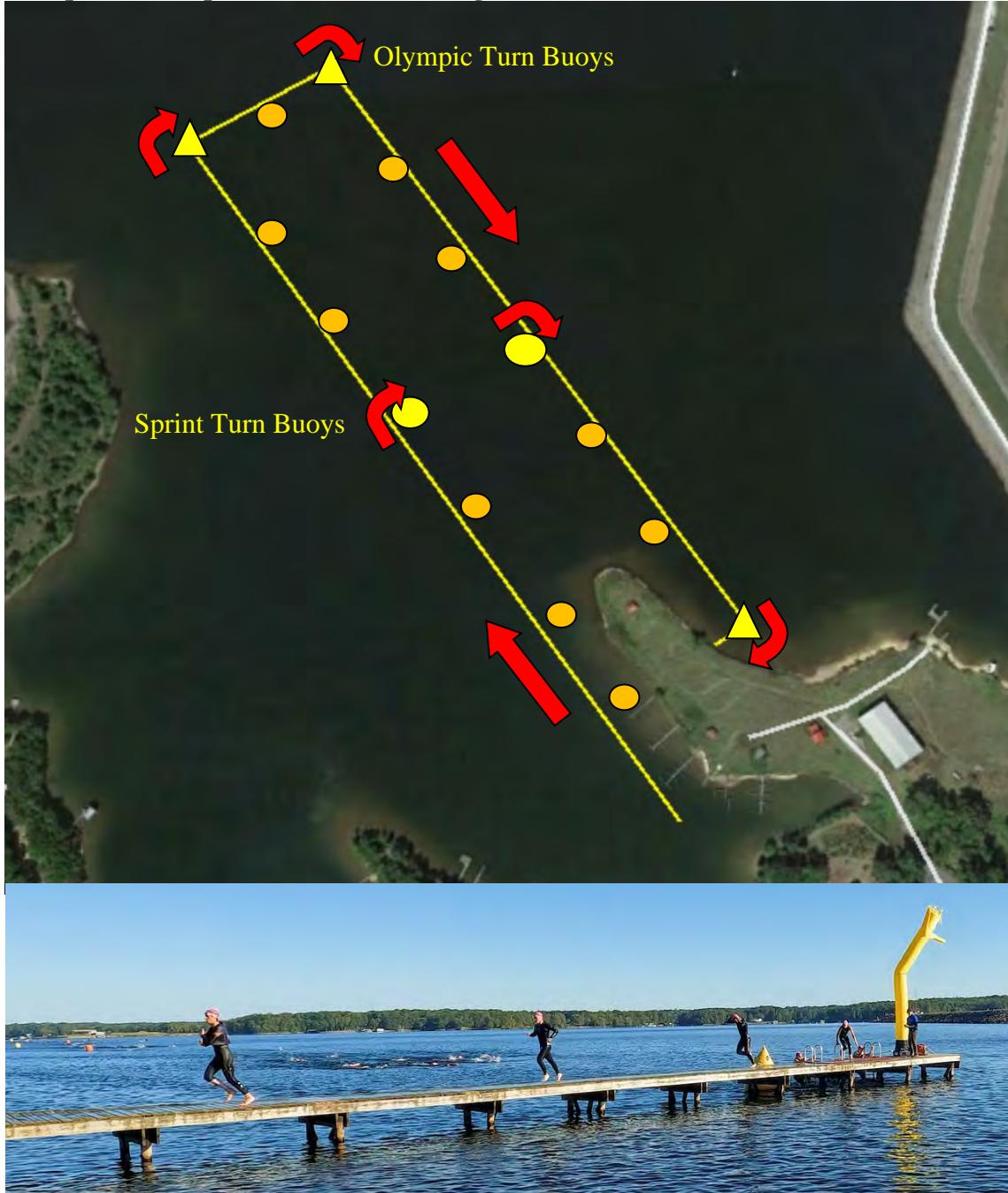
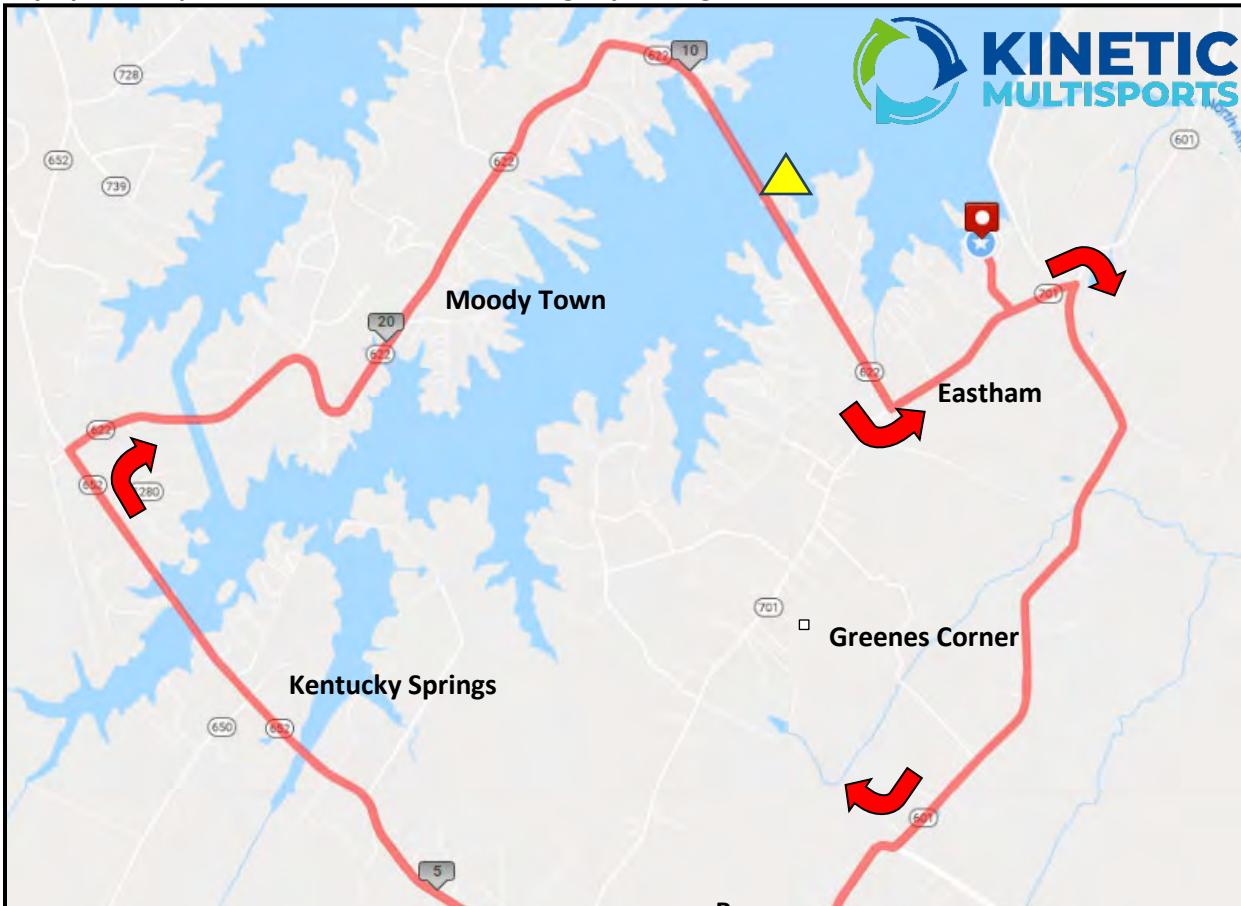


**Rumpus in Bumpass/Pleasant Landing Swim Course\_1500/750 Meters**

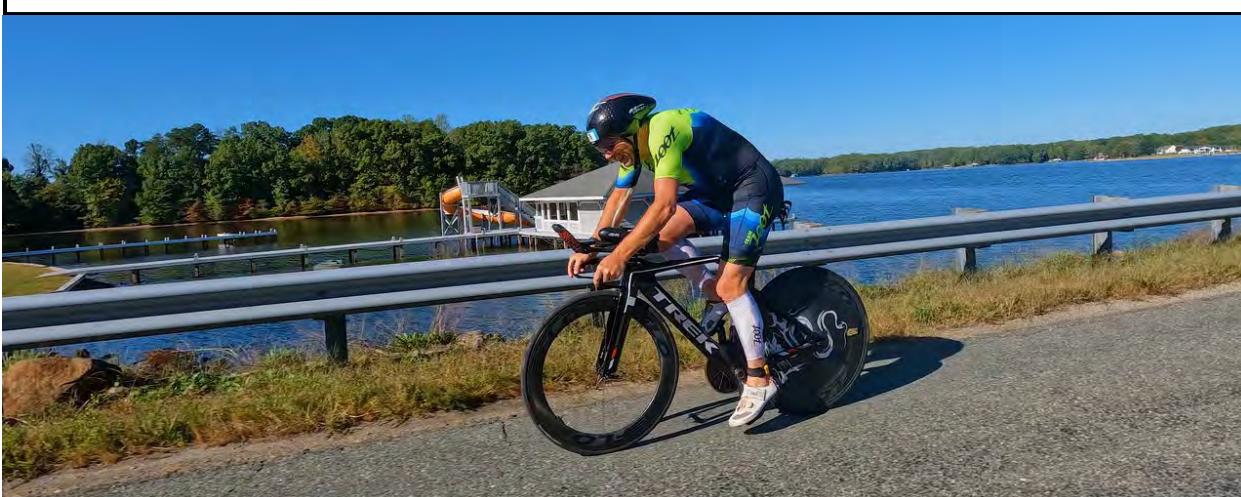
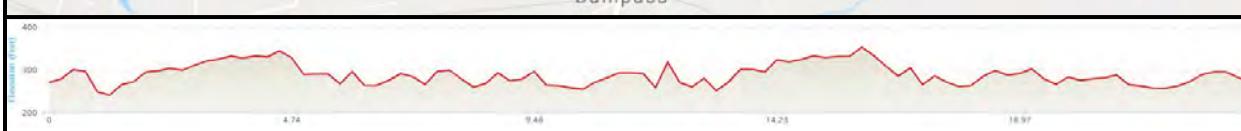


Rumpus in Bumpass / Pleasants Landing Bike Course  
Olympic and Sprint – 24 / 12 Mile Courses – Lightly Rolling



The Olympic is a 2-loop bike course, the Sprint is 1 loop. Athletes in the Olympic will pass the Marina entrance at mile 12, then at mile 23.3 will turn in to finish their 2<sup>nd</sup> lap.

**Caution!**  
Expansion grate at mile 10.5 on bridge.



## Rumpus in Bumpass / Pleasants Landing Run Course: 6.2 or 3.1 Miles



Triathlon Site Layout\_Pleasant's Landing Marina - 349 Pleasant's Landing Road

