

Triathlon/Duathlon

Course Description

SWIM

Swim 1/4 Mile (16 lengths)

Kids 1/8 Mile (8 Lengths)

25 Meter pool

Run/Bike/Run

2 Mile Run- From starting line headed East to the boardwalk. Head North on Boardwalk to 12th Street, turn around and head back to transition area.

KIDS 1 Mile Run- Head towards Boardwalk, take Boardwalk to 17th St then turn around and head back to transition area

16 Mile Bike- You will do this loop TWICE. Leave transition area and head East to West Avenue, head south on West to 53rd Street, turn around and head back to transition area, REPEAT.

KIDS 8 Mile- ONE LOOP- take West Avenue to 53rd and back.

2 Mile Run- From transition area, head South on Haven Avenue straight to 27th Street, turn around and head back to finish line on Haven Ave.

Kids 1 Mile Run- From transition area, head South on Haven Ave to 22nd Street, turn around and head back to finish line.

Course will not be closed to the public. All racers must use caution.

Volunteers and Traffic Safety will be on course.

