

City of Ocean City  
"America's Greatest Family Resort"

# *Ocean City Triathlon/Duathlon*

## Ocean City Triathlon/Duathlon Race Course Description:

Swim  $\frac{1}{4}$  Mile = 16 lengths, Kids  $\frac{1}{8}$  Mile = 8 lengths  
In 25 meter pool

### Run/Bike/Run

1<sup>st</sup> 2 Mile Run – From starting line headed east to boardwalk on boardwalk north to 12<sup>th</sup> Street turn around and back to transition area.

Kids 1 Mile Run - to 17<sup>th</sup> Street Water Station turn around.

16 Mile Bike – Is a 2 loop course. Leave from transition area east to West Ave. turn south to 53<sup>rd</sup> Street turn around and back (2 x's).

Kids 8 Mile – 1 loop course. 18<sup>th</sup> Street to 53<sup>rd</sup> Street turn around and back to transition.

2<sup>nd</sup> 2 Mile Run – From transition head south on Haven Ave. straight ahead to 27<sup>th</sup> St. turn around. Then straight back to the Finish line on Haven Ave.

Kids 1 Mile Run – Out of transition south on Haven Ave to 22<sup>nd</sup> St.(water station) and back to finish line!

Course will not be closed to the public. All racers must use caution. Volunteers and Traffic Safety will be on the course. Bike helmets must be worn. No Head Sets.