



Patriots Long Course and Olympic Swim Course 1.2 Miles or 1500 Meters



The direction of the swim course may change due to tides/currents race morning. At some point, regardless of current direction, you will be swimming against the current. We keep the portion against the current closest to shore where the effect is less.

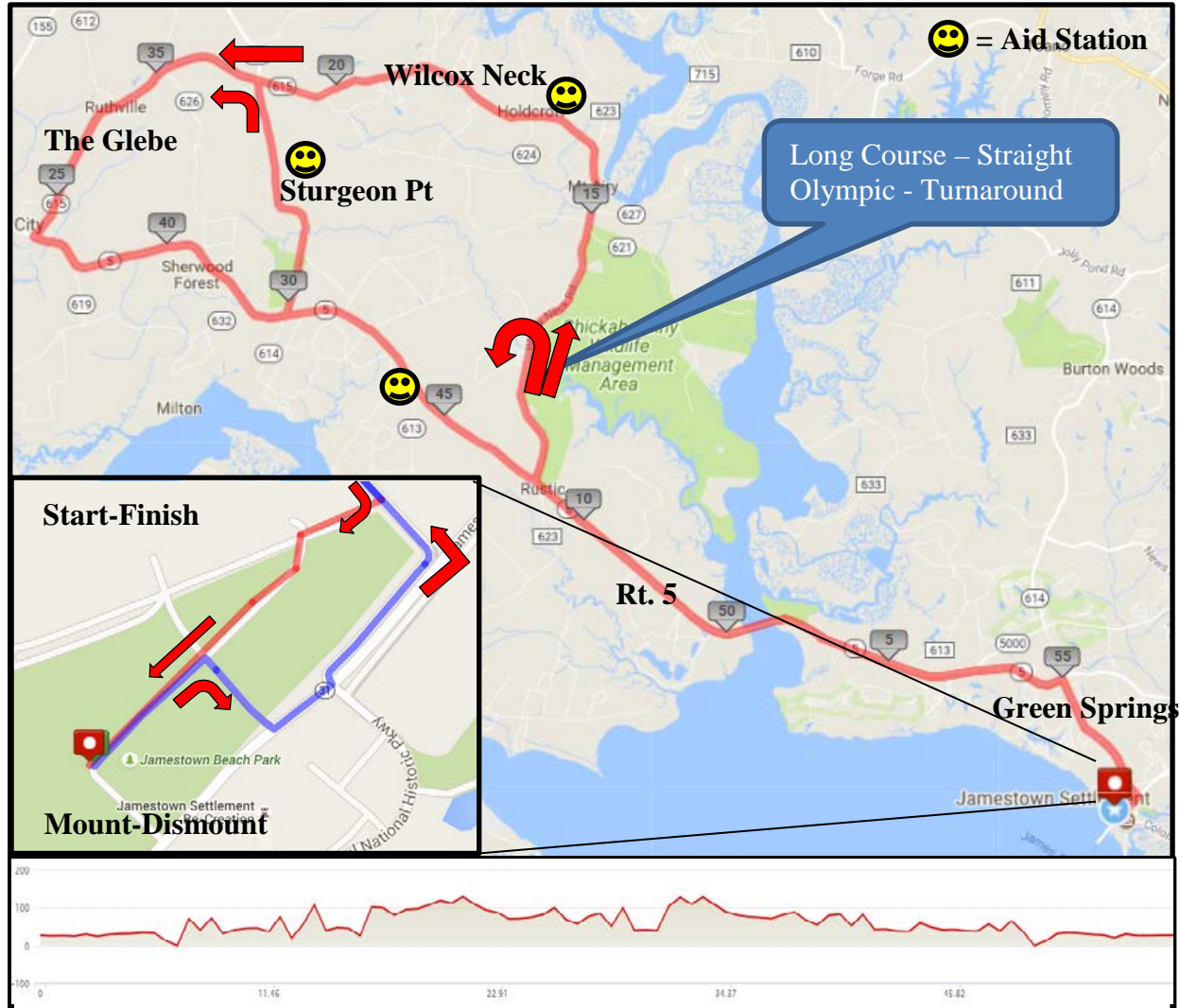
If you have any problems during the swim, roll on your back and put your hand in the air, our water safety team will come to you. If for any reason you do not finish the swim you may continue with the bike and run after checking in with our swim finish coordinator.

You may leave shoes at the swim finish to complete the 400 meter run to transition. Anything left at the beach will be taken to the Volunteer tent. Any items not picked up race day will be donated to Goodwill after 14 days.



KINETIC MULTISPORTS

Patriots Half Bike Course 57 Miles



Turn	Mileage	Next	Turn	Mileage	Next
Mount Bike	0	0.1	Left on Rt. 5	25.8	4.0
Right inside park	0.1	0.1	Left on Sturgeon Point	29.8	2.8
Left on Jamestown	0.2	0.02	Aid Station	32.0	11.0
Left on Green Springs	0.22	3.48	Left on The Glebe	33.4	3.9
Left on Rt. 5 at light	3.7	7.1	Left on Rt. 5	37.9	7.2
Right on Wilcox Neck	10.8	1.2	Aid Station just past Sturgeon Pt	43	X
International Turnaround	12	4.5	Right on Rt 5 at light	54.0	1.3
Aid Station at Church	16.5	15	Right on Green Springs	55	1.9
Straight on The Glebe	21.3	3.9	Right into back entrance of park	57	0.4



Patriots Long Course / Olympic Run Course_13.1/6.2 Miles

